

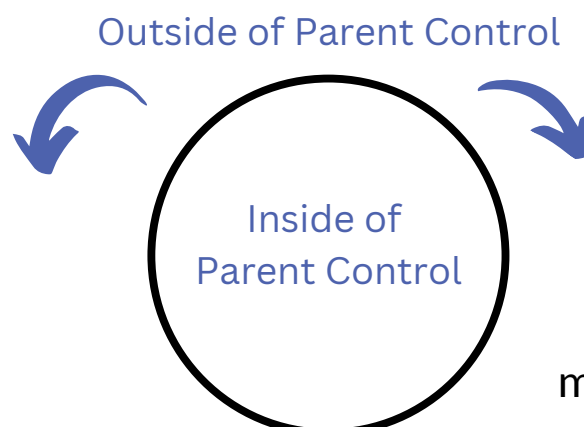
PARENT CONTEMPLATION TOOL: THE CIRCLE OF CONTROL



Chances are if you are a parent, you worry about your kids. *Are they receiving enough support in school? Will they make the soccer team? What is the quality of their friendships?*

Because you love your kids more than words can express, worrying is inevitable...but does worrying actually have any impact on outcome? It actually doesn't. It doesn't because worrying gives us a feeling of control that is *false*. Sometimes when we worry, we think that worrying will help us be more equipped to get through a difficult situation. This is also false. In fact, your worrying might be increasing your stress & your kiddo's, unnecessarily!

I've created this important, helpful guide to help you reflect upon all of the things that are inside and outside of your control as a parent. So roll up your sleeves & practice some contemplation as you work through the activity on the next page...Don't forget to check out the Reflection Questions after!



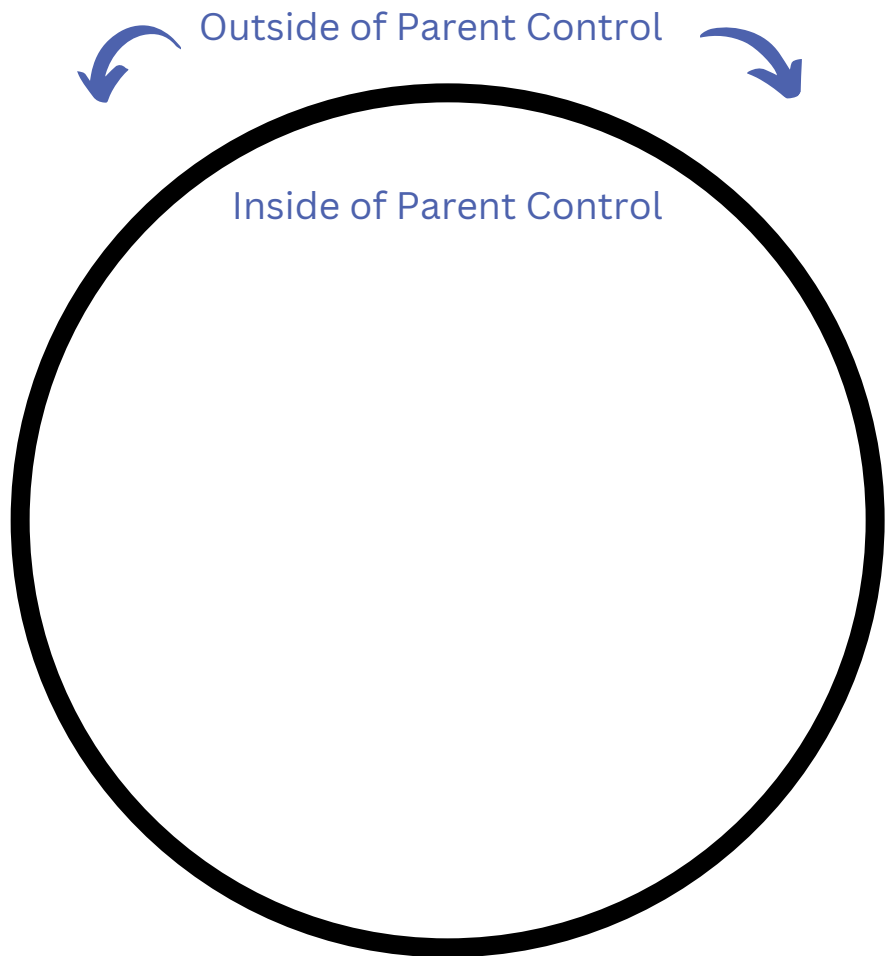
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Read the words below that apply to *your child's life*. Then, write the words in either the category of "Inside of Parent Control" or "Outside of Parent Control." Example: "(Child's) electricity access" would go in "Inside of Parent Control," because parents pay the electric bill, where "(Child's) popularity" would be "Outside of Parent Control."

- Spending money & allowance
- Cell phone use
- Mood
- Smoking cigarettes
- Supportive parents
- Life coach access
- Parents working as a united team
- Friendship choices
- Social media use
- Manners
- Emotionally mature parents
- Personality
- Vaping
- Outfit choices
- College aspirations
- Other kids' opinions
- Popularity
- Romantic choices
- Parents yelling & argueing
- Academic choices & motivation
- Dietary choices
- Therapist access
- Financial literacy support
- Mental health motivation
- Healthy food in fridge
- Academic support access
- Parents who are safe to confide in
- A clean home
- Therapist access

Things I may be able to
influence
as a Parent:



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Parent Reflection Questions:



By reading & discussing the questions below and looking at your circle on the previous page, reflect upon what aspects of your child's life that you labeled as Inside or Outside of your control as a parent.

1. Might there be an area of your child's life where you worry about something outside of your control? If so, how might that worry be impacting you, your child or your family?



2. What strategies might you employ to consciously worry less about things outside of your control? (Consider: Trusting the process, putting the appropriate supports in place, reciting a mantra or affirmation, thinking of the big picture, remembering that parenting is a marathon not a sprint, taking deep breaths, distracting yourself with fun or interesting hobbies or activities or engaging in exercise.)



3. How often might you talk with your child about some of the areas that can cause you worry? If so, what are *their* thoughts about these topics?



4. What strategies has your child tried to solve their problems? How can you further encourage self-trust and independence in your child?

5. Regarding the areas of your child's life where you may have some influence, how do you want to approach and guide your child in these areas?

