



HAVE A PROBLEM? USE THIS TOOL TO FIND A RESOLUTION!

One of the many reasons that being a kid or teen can be so tough, is that you likely don't have as much control over your life as you would like. Though there's a lot of things outside of your control when you're under 18, great news, **there's still a lot of things inside of your control, too!** The activity below helps you consider what actions you can take to solve a problem. Let's start. You got this!

Step 1: Let's Identify the Problem:

Step 2: What barriers are preventing this problem from getting better or being solved?

Example: My family's living situation, my sister's choices, my team at school...

Step 3: Fill out the Circle of Control below!

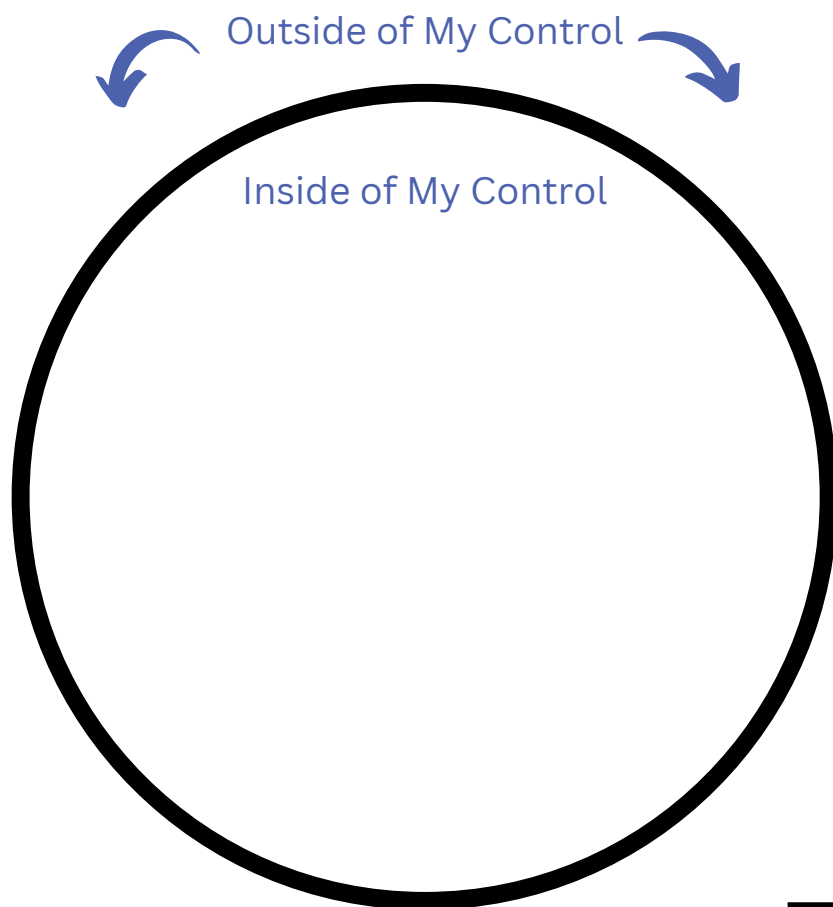
Directions: As you think about your problem, write down the parts of the problem that are inside & outside of your control. Example: "Other kids' opinions" would go in "Outside of My Control," where "my social media use" would be "Inside of My Control."



Things outside of my control that I may be able to influence



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By discussing the questions below and looking at your circle on the previous page, think about the aspects of your problem that you labeled as Inside or Outside of your Control.

1. How do you feel about all of the things that are actually inside of your control regarding this problem? (Ideas: Surprised, empowered, liberated, disappointed, annoyed, neutral, curious...)



2. What strategies could you try to make this problem better?

(Consider: Coming up with a helpful mantra or affirmation, taking deep breaths, distracting yourself with fun or interesting hobbies or activities, exercising, talking honestly with someone, taking alone time, speaking kindly to yourself as a form of comfort, etc...)

3. What things that are outside of your control might you be able to influence?

(Consider: Another person's awareness of your perspective, or another person's decisions...)

4. Is there someone you can trust that might be able to help you with this problem?

(Consider: If the answer is yes, how honest can I be with them? Have they proven that they are trustworthy? Is this person supportive of my goals? Do this person & I have the same values?)

5. Was this Circle of Control activity helpful? Might you use this in the future?

(Why or why not?)

6. Now that you know all of the things that are inside of your control & the things you might be able to influence, what are your next steps?

(Consider: Sharing your honest perspective with someone, no longer speaking with another person, doing more things for yourself, etc...)

