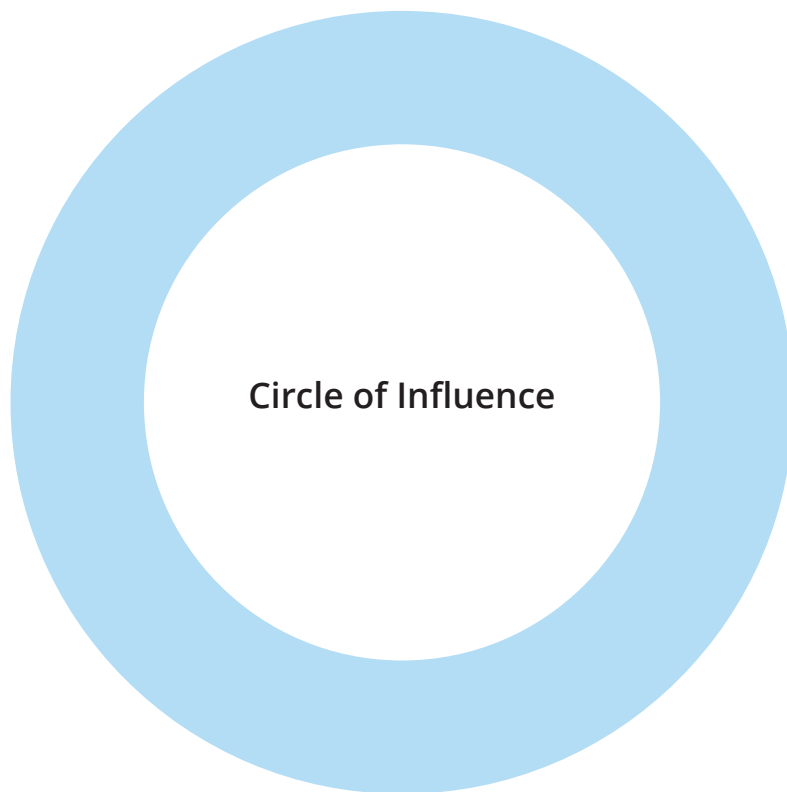



Circle of Influence

Worksheet



Use this worksheet with young people & adults.
This can help people label worries and identify whether the worries are truly theirs or whether they belong to another. It looks at what worries they can influence and those they can't.



Circle of Influence

Many of us have worries and problems in life, sometimes these can become overwhelming and make us feel hopeless and low in mood. When this happens, it's useful to look at the circle of influence and separate our worries and problems into 3 areas...

1. Worries/issues I can control and therefore do something about e.g. budgeting, weight loss.
2. Worries/issues I can influence e.g. other people's involvement
3. Worries/issues I cannot control or influence e.g. weather, other people's opinions, prices

Make a list of all your worries and problems, and then place them on the circle below – In the centre if you have control, in the outer ring if you have influence, and outside of the circle if you have no control or influence.

Area of Concern

3. Worries/issues I cannot control or influence

Circle of Concern

2. Worries/issues I can influence

Circle of Influence

1. Worries/issues I can control

Prioritise the issues in the centre first – these are the ones that will have the biggest impact with the greatest chance of success. Then move to the issues in the outer ring. You may choose to discard the issues outside of the circle – without control or influence it is important to let them go.