

Resource 15

What can and can't I control?

As a young person there are many aspects of your life that are controlled by other people. Feeling like you can't control a situation can contribute to other feelings like anger, frustration, stress and sadness.

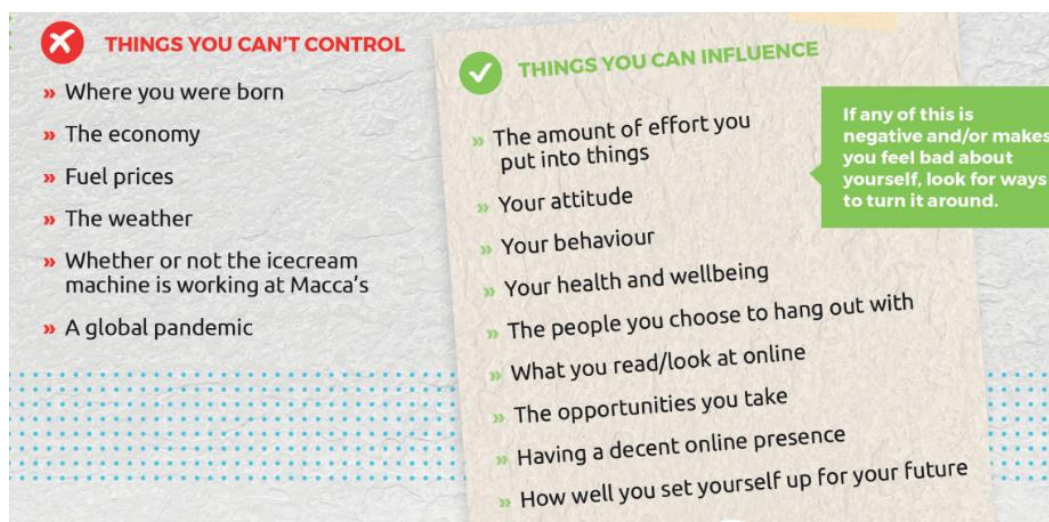
Finding ways to control some aspects of your situation, even by reframing the way you think about it, can help you cope with what is going on.

If something is getting you down, talk to a trusted friend or advisor, they may be able to offer a different perspective that can help give you ideas or help you regain control of your thoughts.

As you get older you will gain more and more control over your life. If things aren't great in your life right now, it does not have to keep you from an awesome future. YOU decide what your awesome future looks like, then focus on doing what you can, when you can, to make it happen.

1. Print and cut up the cards.
2. Divide the cards up amongst the group.
3. The card holder decides if they think they have control over the item or not and why.
4. Take turns presenting a card, the decision and rationale to the group – the group discusses if they agree or not, and decide which category the item best belongs in.

Note to students: Some people in your group will be living a different experience to you. For any items in the 'Can't Control' category, what could students do to try and gain some element of control over it? E.g. you can't control the weather, but can you control your clothing choices to dress for the day?



Things I can control

Things I can't control

How much
sleep I get

What I spend
money on

How much
exercise I get

How hard
I work

What we're
eating for
dinner

What time I go
to bed

What school
subjects I take

What I wear

How I get to
spend my time

Where I go
on holiday

Who my
friends are

What I watch
on TV

Who I follow on
social media

Who I take
advice from

Where I live

How much
money my
family has

What I think
about

What I say