

The situation I'm facing...
Write a brief overview of
the current situation

Focus for control

At times situations can feel overwhelming. Deconstructing it and separating facts from our thoughts and feelings can help us focus on things within our control bringing a sense of calm and clarity about next steps you can take.



Facts. List only things that are fact
and that you have evidence for.

My thoughts and feelings. Consider
and label all of your feelings and the
thoughts you have about the
situation

What are the things in my control?

What are the things others can do?

What actions or steps am I prepared to
take?