

# Can I Control It?



Worry and feelings of anxiety about things we can't control are rarely helpful. Look at each of the situations below and explain whether it is something you have control over or not. Provide 2 action steps you can take for each situation.

1. Weather forecast of a hurricane:
2. An upcoming science test:
3. Being treated negatively by somebody:
4. A past event that caused you pain and hurt:
5. Somebody that doesn't like you:
6. Being lied to:
7. Being sick:
8. The break up of your parents: