Circle of Control Stress Bucket Empty

Write *EVERY THOUGHT* *in* your Stress Bucket on individual pieces of paper.
Sort them in 3 piles:
NO Control, *TOTAL* Control, *SOME* Control

No Control Steps (1st)

Acknowledge you have *NO* Control over this pile

Acknowledge *HOW* this pile makes you feel
(frustrated, sad ...)
Remember Resist=Persist

Decide *HOW* you are going to **CHOOSE** to show up to this pile:
Patience, Kindness, Empathy, Support .....

Total Control Steps (2nd)

Take 1 item at a time from this pile

Decide what small steps you can take to remove this item from your Stress Bucket

When you have cleared an item from your Stress Bucket take another one

KEEP GOING

Some Control (3rd)

NOW YOU HAVE ....
Acknowledged items where you have No Control
&
Cleared your items of Total Control
yYOU have a lot **LESS** Stress in your Bucket ...

Pick one item from this pile and decide what SMALL STEP you can take to clear this item from your Stress Bucket

A PEACEFUL PATH
HYPNOTHERAPY & RELAXATION

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