

Circle of Control Stress Bucket Empty

Write EVERYTHOUGHT 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

you 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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No Control

PAST - mistakes , missed chances

Random Luck

Time

Illness

Traffic

Intrusive Thoughts

World Wide Events

Weather

Other People's

behaviours, decisions, actions,
words, reactions

Total Control

YOUR

Sleep

Words reactions

Goals and Steps

Nutrition

Routine

Personal Boundaries

Hydration

Effort

Habits

Movement

Actions

Environment

Attititude

Self Talk

Reactions

Some Control

Relationships

Teamwork

how effective your effort is

Response

Environment (work/home)

Attention

Media, social media noise

How you recover from mistakes
or bad decisions