

Four Things We Can Control

1. Words	2. Feelings
3. Thoughts	4. Actions
<p>➤ We can never control another's thoughts, feelings, words or actions.</p> <p>➤ A few examples:</p> <ul style="list-style-type: none"> - If I act this way he/she will feel happy. - I have to stop him/her from talking about me. - We can put food in someone's mouth but we cannot make them swallow. - If I give into what he/she wants they will feel good and everything will be fine. <p>➤ The exceptions to this are in regard to people being abused (physically trapped) and those diagnosed with a mental illness e.g. Schizophrenia.</p>	
<p>Reflect on times which <i>you</i> have attempted to control someone's words, feelings, thoughts or actions</p>	<p>Reflect on times which <i>you</i> gave up your control of your words, feelings, thoughts or actions to another.</p>
<p>An Example: If I don't talk to my spouse when I am feeling angry or hurt then he/she will cave to what I want him/her to do.</p>	<p>An Example: My co-workers were talking, I walked in the room and they became quiet. I kept thinking and trying to figure out why they don't like me. I felt insecure and tried to come up with ideas so that I would be included (I baked a co-worker muffins for no reason)</p>

QUESTIONS TO REFLECT UPON

- 1) What are the similarities for you between the first and second column?
- 2) If you perceive yourself as stressed, how do you believe your answers to the two columns affect your stress level?
- 3) How would thinking positively (“I control how I act and respond and I choose to...”) about a stressful situation change how you feel? Do you believe it would help you to focus on your thoughts and reactions (what is in your control), rather than focusing on what someone else may possibly say or do (what is out of your control)?

**If you need help in working through your responses,
Family Counselling Centre can help!**

Call 519-336-0120 for an appointment

What Can Your Brain Focus on When You Are Feeling Stressed?

Here are some suggestions. Fill the empty spaces with your own ideas.

WORD PUZZLES

TELEVISION

?

MODERATE
PHYSICAL ACTIVITY

READING A
BOOK



Your brain cannot hold on to worry or stressful thoughts if it is being used for something else.