

Regaining Control

1. THE EYE (CONTROL)

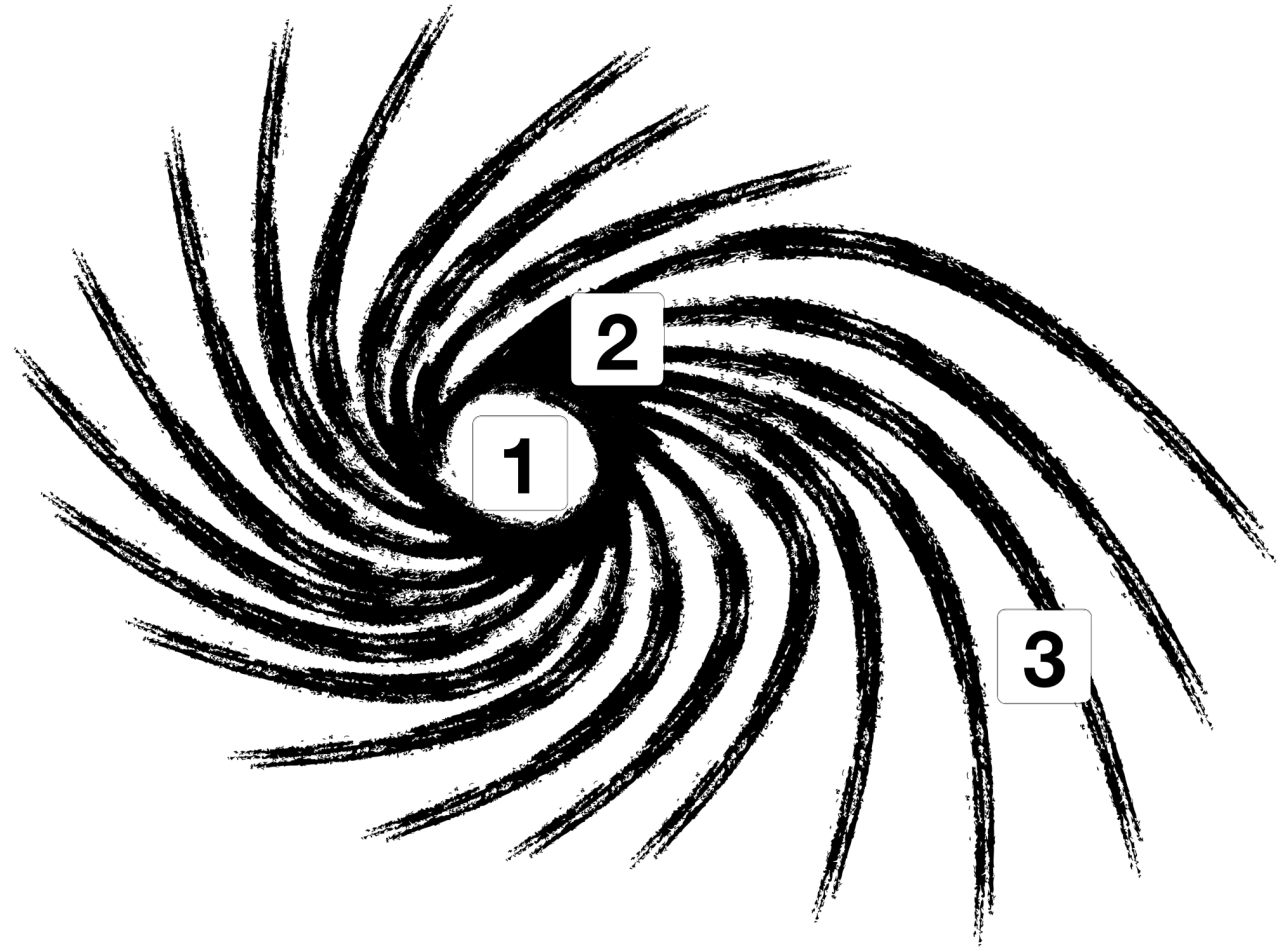
The calm of the storm. This is the zone of clarity and control. When you are in this zone you feel full agency, full control.

2. THE WALL (CHAOS)

The strongest winds of the storm. This is a place of chaos, of being overwhelmed, where everything is happening to you.

3. THE SPIRAL (ACCEPTANCE)

Gentle winds buffeting you along. You're going with the flow, things are happening to you but that's ok. A place of disengagement and acceptance.



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Regaining Control

A What is currently in the Wall of the Storm (out of your control)?	B What can you do to put this into the Eye of the Storm (in your control)?	C What element of this challenge can you let go of and put it into the Spiral (accept and let go)?
1.	1.	1.
2.	2.	2.
3.	3.	3.
4.	4.	4.
5.	5.	5.



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Instructions

1. Read through/review the image of the storm and understand the 3 different categories.
2. In column A overleaf, list the 5 things in your life that are causing you the most stress, anxiety or concern (that feel out of your control).
3. In column B fill in the single action you can take to put each one of those things back within your control. For example, if 1A. on your list is that you are overspending and can't save the money you need to, 1B. could be to download a budgeting app.
4. In column C reflect on which area of the problem you are facing you can choose to accept and let go of. For example, if 2A. on your list is a toxic relationship with a co-worker or direct report, and 2B. is to script your conversations with them before your meetings 2C. might be to accept that responsibility for the change in the relationship has to be shared, and that you can only control your actions, not theirs. Use this stage if there is nothing you can do to take back control of the problem, and/or if the problem is complex enough for a multi-faceted approach.



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