

Controllable Vs. Uncontrollable Worries

It is normal to have a mixture of worries. Some worries are in our control and this is when we may need to problem-solve to do something about them. However, sometimes we worry about things that are NOT in our control. These are worries we may need to let go of. Use the below table to input your worries and then tick whether the worry is controllable (in your control) or uncontrollable (out of your control).

What is your worry?	Controllable	Uncontrollable
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>