

My balloons of control

Out of my control...

e.g. the weather

In my control...

e.g. what I wear, eat...

I'd like to control...

e.g. what time I go to bed

We all like to feel in control of our own lives. But when we feel lost and out of our depth, it can be helpful to consider those things within our control, out of our control and what we'd like to control. This may help to give us a bit of perspective, to accept and let go...like a balloon!

Take some time to think, and using the examples given, think of the different areas of your life that do have control over, and those that you don't, but also some things you would like to have more control over if you can.

Adapted from Alumina training leaders guide - www.youthscape.co.uk

