



## Using a T to understand what we can and can't control

**Narrator:** We all have times when something is on our mind and it causes us to be upset or worried. Sometimes it is as simple as trying to reach a goal or being upset about a grade on an assignment or test.

**Narrator:** Some of you have heard of The Eight Essential Questions. This is a set of questions is a guide to help you think your way out of a problem. It is a process you can do on your own but it is helpful to do with a partner. Here is question 5.

5. What can you control? What can't you control?

It makes most sense to start by drawing a T on a piece of paper. We included the T for you on the next page. Using this "T" format guides participants in breaking down the truth in any situation. Many times, it is hard for us to clearly see the factors that contribute to our lows or problems.

**Narrator:** Participating in this T exercise allows us to organize our thoughts, get some clarity and acknowledge what we can do to change our situation to make us feel better.

**Narrator:** This exercise also helps us to see that many times we are focused on things we can't control and that is why we may be "stuck" in a problem.

**Narrator:** Think of something that is a low, a problem, a worry or a frustration. Use the attached T or draw your own. Think of the things in this situation that you CAN'T control. Think of as many things as you can and write them in the right column. Next, think of the things you CAN control in this situation. Write those on the left side of the T. Once you have completed this exercise, decide what you will do to alter your situation! This mental exercise is something you can use throughout your life!

| Can Control | Can't Control |
|-------------|---------------|
|             |               |