

**Template: Circle of control assessment**

Complete this assessment whenever you are dealing with a setback.

Note the details of a current setback you are facing:

Circle of control: List the actions that you could take that would definitely have a positive impact on your recovery from the setback:

Circle of influence: List the actions you could take that would have a positive influence on your recovery from the setback:

Circle of concern: List the issues that fall outside your circles of control or influence, that you can let go of: