

Control

I Cannot Control Everything



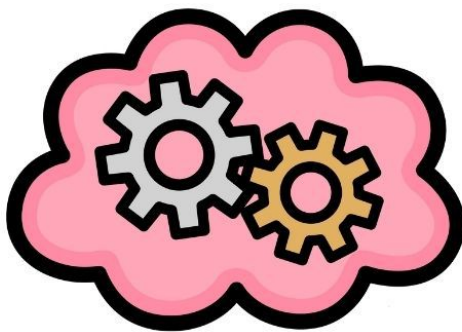
I cannot control everything.



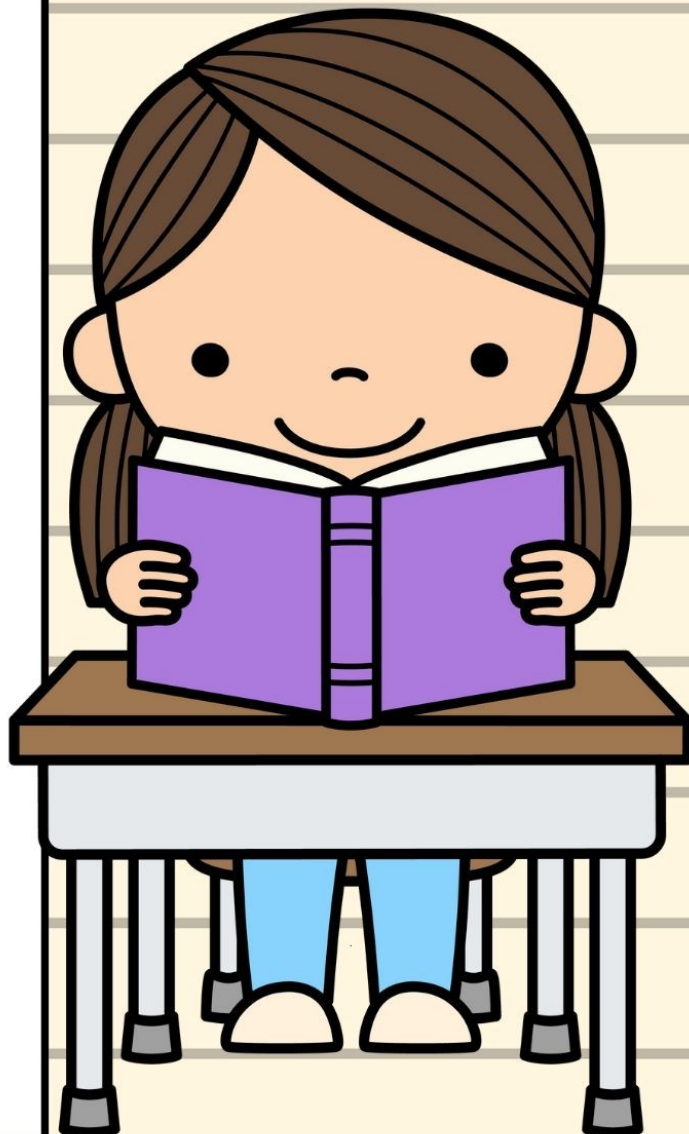
It is okay to be frustrated or scared when things don't go my way.



I can do breathing exercises to stay calm.



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Control



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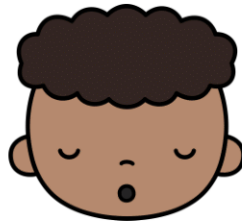
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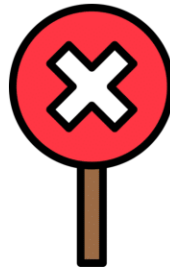
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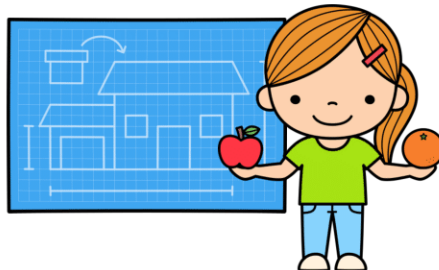
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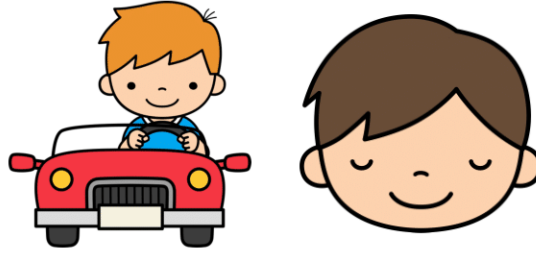


Nobody can control everything.



Plans can change and people can make their own choices.

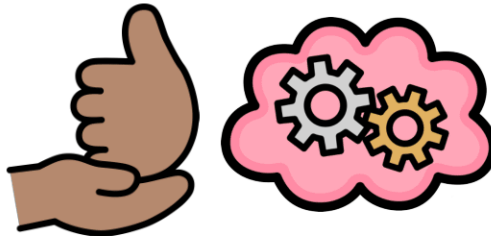
I Cannot Control Everything (Continued)



What I can control are my reactions and responses.



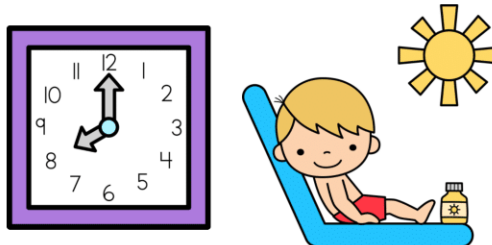
If I'm having a hard time, I can use coping skills.



I can ask for help or use mindfulness.



I can handle any challenge that I am faced with.



With time and practice, I can accept the things
that I cannot control.

I Cannot Control Everything



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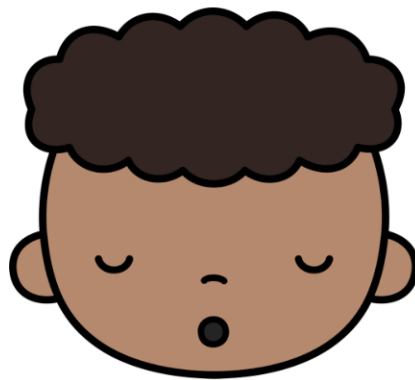
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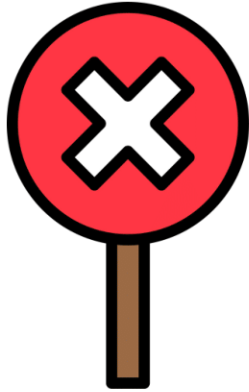
It is okay to be
frustrated or scared
when things don't go
my way.

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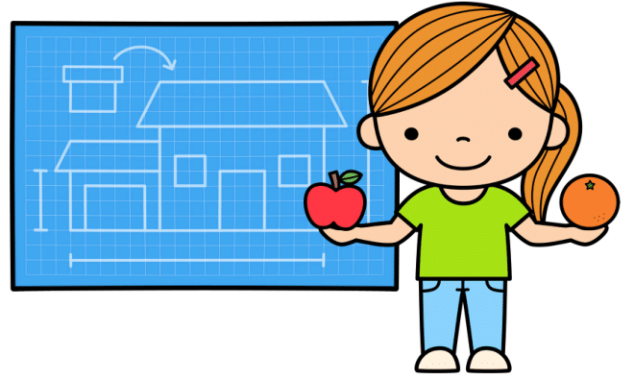
I can do breathing
exercises to stay calm.

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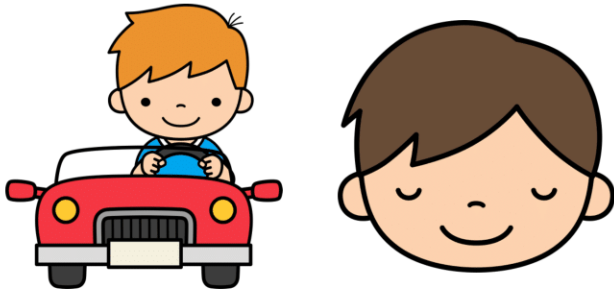
Nobody can control everything.

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Plans can change and people can make their own choices.

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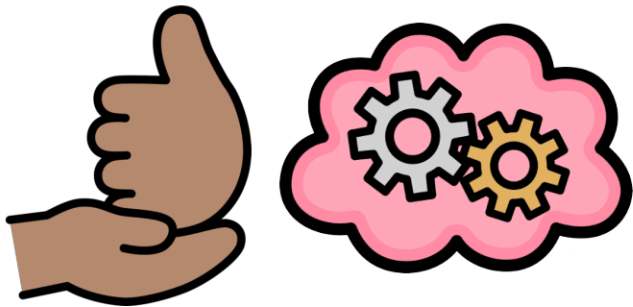
What I can control are my reactions and responses.

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If I'm having a hard time, I can use coping skills.

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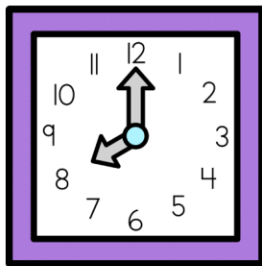
I can ask for help or
use mindfulness.

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With time and practice,
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Thank you!

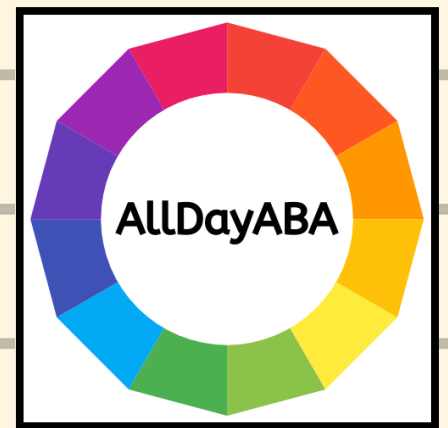
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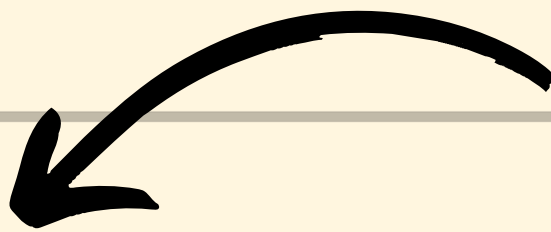
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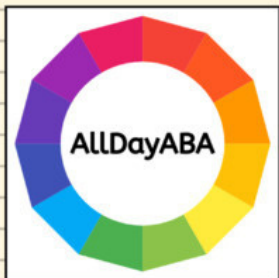
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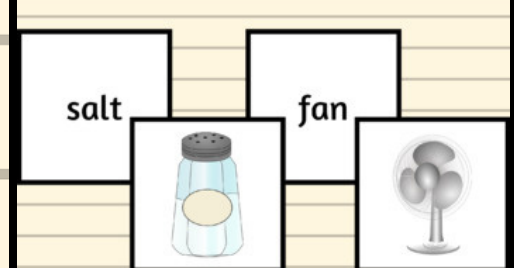
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