Circles of CONTROL

What I can't control

Others' values

How I speak to myself

My thoughts

How I view myself

My healing journey

My reaction to others and situations

Others' beliefs

What I can control

How others communicate with me

How others

view me

My boundaries & maintaining them How I recharge my battery What I'm willing tolerate

My feelings

My actions

How others react towards me

The worlds

suffering

Others'

actions/behaviors

Others' opinions

How others respond to my boundaries

How others internalize what I say/do

@risingwithresilience_therapy