**Taking Control Where We Can Worksheet**

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List three areas (connected to ALD) where you feel in control and three areas where you feel a lack of control.  
  
Areas of Control:  
1.

2.

3.   
  
Areas of Lack of Control:  
1.

2.

3.

What personal strengths or resources contribute to your sense of control?

How do you maintain control in challenging situations?

What external factors or barriers contribute to your sense of powerlessness?

How do these factors impact your ability to take control?

What is one strategy or technique you are committed to trying in order to take more control in your life?

Things We CAN’T Control

**Things We CAN**

**Control**