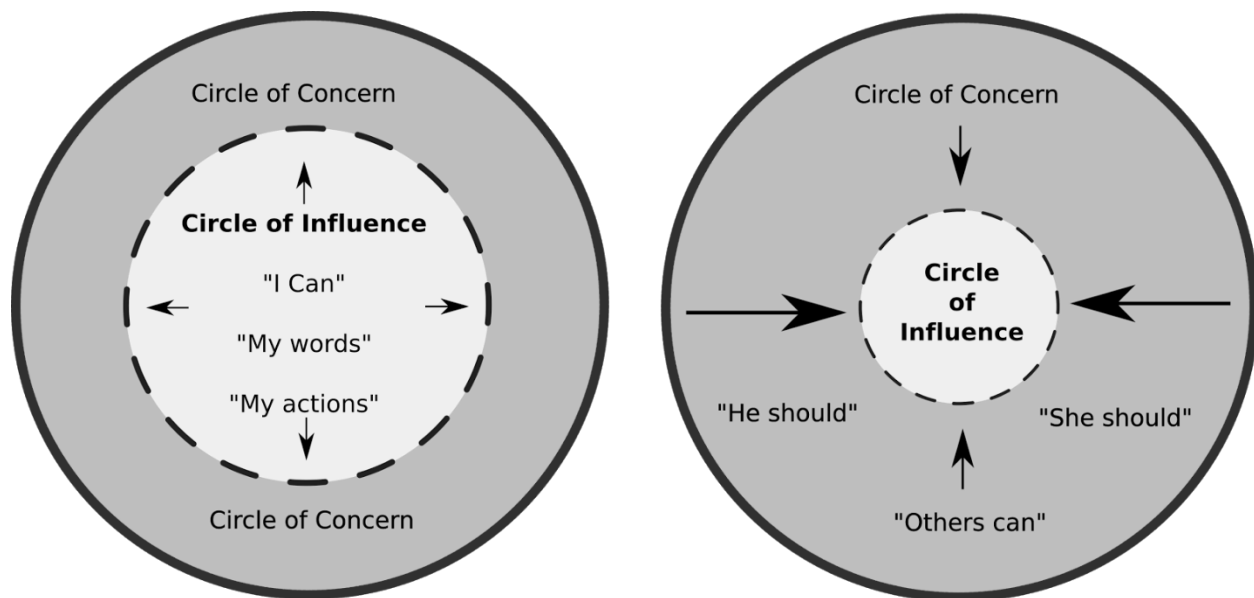


Chapter 4: Recognize R # 7 Circle of Influence

You can use this exercise to focus on what would matter:



Circle of Concern/Circle of Influence

The inner circle is your circle of influence; write down things you can do. You can take care of yourself. You can control what you say and do. If you are focused on what others can do and you are frustrated about that, write those in the larger circle but outside your inner circle. The more focus you have outside your inner circle of influence, the less influence you will have. The more focus you have inside your circle, the more influence you will expand. So, what are your thoughts at this time and what are you focused on? Write in the circles below:

Recognize with Mindfulness:

1. What is coming from outside me that I don't have any control on?

(Write what you are concerned about but can't do much as those are other people's thoughts and behavior.)

2. What are you doing in reaction? (Are you screaming, banging, and walking away in anger? Or are you catching yourself from reacting with focused attention/mindfulness?)

Words I am using. Are they adding to my stress?

Expressions I am showing. Are they adding to my stress?

Behavior I am doing. Are they adding to my stress?

SWET chart: Current-What Am I doing?

Situation	Words	Emotional expressions	Behavior

SWET Chart-Alternative: What can I do differently?

Situation	Words	Emotional Expressions	Behavior

What If?

If you don't recognize if you are focusing outside or inside your circle of concern, you may waste your time and energy on matters outside your control. If you keep bringing focus inside your circle of influence, you would reduce much of the suffering. So, go ahead reflect; Is your focus o\more outside your circle or inside your circle of influence?
