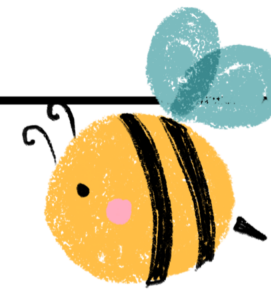




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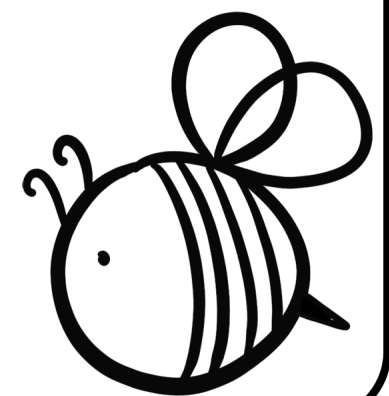
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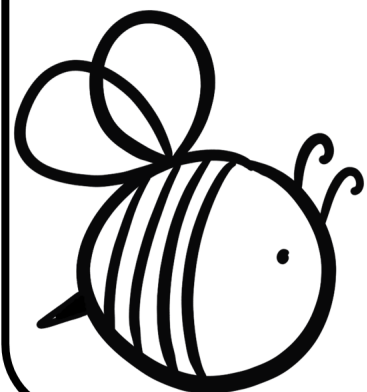
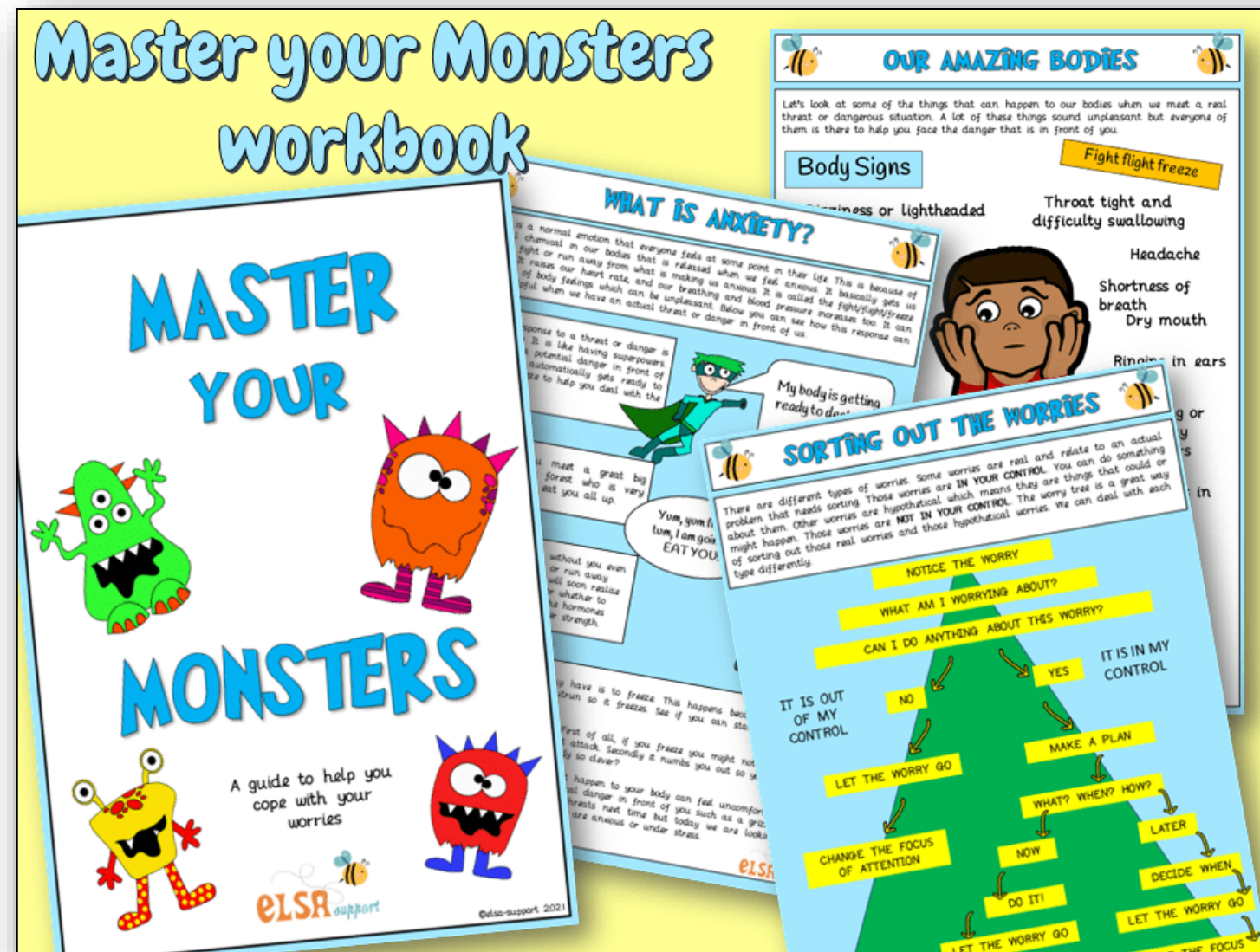




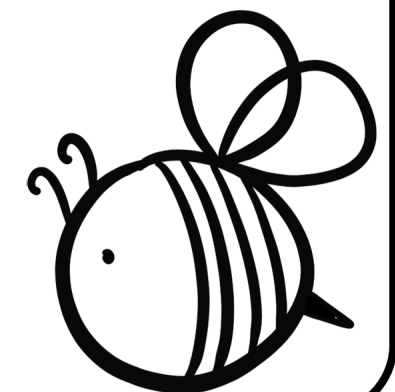
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CIRCLE OF CONTROL

Things **out**
of my control

Things **out**
of my control

Things in **my** control

OTHER
PEOPLE'S

OTHER
THINGS

MY

Thoughts
Words
Actions
Ideas
Opinions
Choices
Attitude
Behaviour
Voice levels
Tone of voice
Effort
Manners
Social skills
Feelings
Use of social media

Thoughts
Words
Actions
Ideas
Opinions
Choices
Attitude
Behaviour
Voice levels
Tone of voice
Effort
Manners
Social skills
Feelings
Use of social media

The weather
The past
Predicting the future
The pandemic
Natural disasters
Wars
Death
Skin colour
Time
Aging
Diseases/illnesses
Loss
Family breakups
Politics
Traffic



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