Circles of Concern, Influence and Control

Template

Circle of Concern

Circle of Influence

Circle of Control

There are 2 questions to complete for this task.

1. Using the example of COVID-19, brainstorm all the issues that belong to your Circle of Concern, your Circle of Influence and your Circle of Control.
   1. Circle of Concerns – what are all your concerns in relation to COVID-19?
   2. Circle of Influence – what are you able to influence in relation to COVID-19?
   3. Circle of Control – what are you able to control in relation to COVID-19?

Record your responses within each circle.

My and my family health

Following rules and regulation

Worried about country economy

Finding the way to come out of this situation

Trying to make this pandemic as opportunity

Circle of Concern

Being positive around others at all times

Me following the rules – only going out

when I need to

Finding new ways to socially connect

with people

Circle of Influence

Creating and sticking to a routine

Getting exercise every day

Making regular contact with family

on the phone and virtually

Circle of Control

2. Identify how this model can be helpful in dealing with challenging situations.

This can help me reframe my thinking when things feel out of control and I’m feeling

overwhelmed by change or challenges I’m being confronted with.s

I need to accept that I can’t control everything. I also know that sometimes my circle

of concerns is vast. Some of these things are outside of my control and some are not.

I can only control certain things and should focus my attention on working with that

and in areas that I actually do have influence over. If I really can’t do anything about

something, I probably shouldn’t waste my time, effort and worry about it. It is very

useful to complete these circles when approaching new and different challenges

(especially like COVID-19). It helps to write this all down and reflect on where I

should focus my energy.