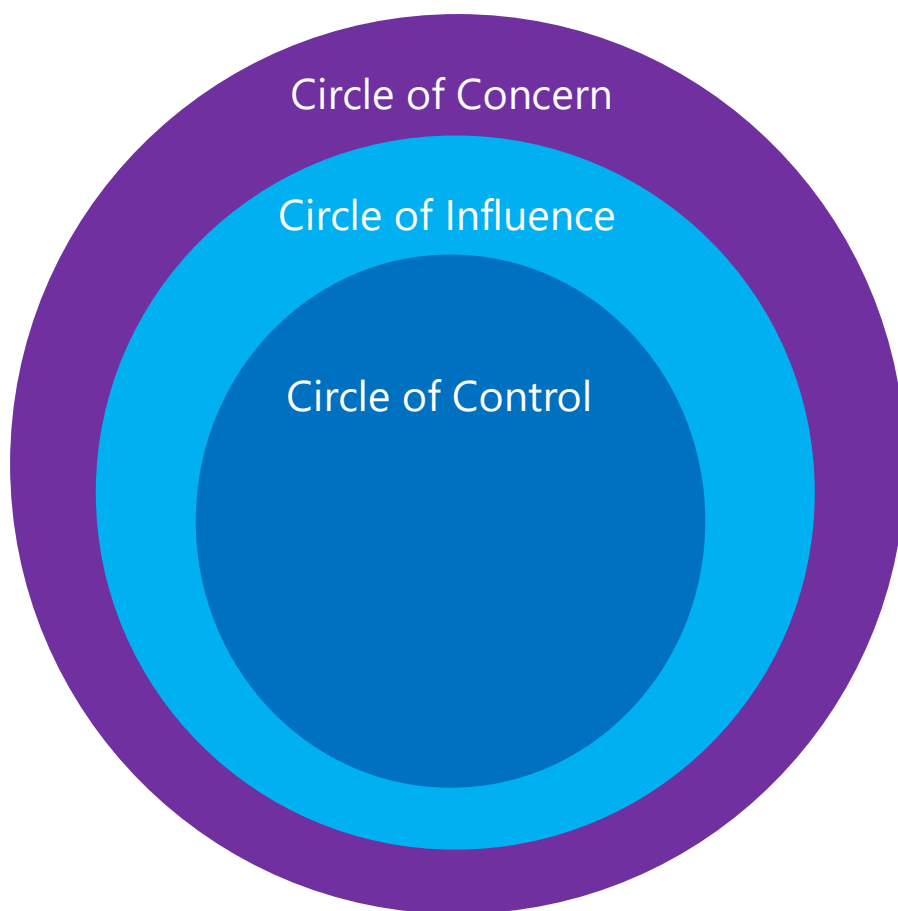


Circles of Concern

Model Answer



Please note, the circles will be different for everyone (there is no best answer), this is just an example.

There are 2 questions to complete for this task.

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

Circle of Concern

The health of my family and myself

Being able to see my family

The mental health of those I love

Not having enough money to pay my bills

Not sure what is happening with my career

Worried about the economy recovering

Scared to go out and buy food without being infected

Circle of Influence

Me following the rules – only going out when I need to

Planning for my next steps with my career (plan B & C)

Being positive around others at all times

Choosing my attitude so that it can control how this is impacting on me and others

Finding new ways to socially connect with people

Circle of Control

Creating and sticking to a routine

Getting exercise every day

Making regular contact with family on the phone and virtually

Joining a volunteering scheme

Accept all help with bills (government or other schemes)

Buying food as I need it and trying to do it online

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.

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.

When I am dealing with change, uncertainty or challenge and thinking about certain issues, I am going to ask myself, "Is this in my circle of concern, control or influence?" and then work out how best to deal with that issue realistically and constructively.