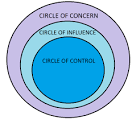
**Circles of Concern – Model Answer**

*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.
   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?

**Circle of Concern**

What’s happening in the news

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 social distancing – only going out when I need to

The health of my family and myself

Thinking about where I live

Choosing my words wisely

Focus on my beliefs

Making sure I eat healthily

and others

**Circle of Control**

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. I need to accept that I can control certain things and work with that. It is very useful to complete these circles when coping with ambiguity and new and different challenges (especially like COVID-19).

This approach can help me adapt to new things (even if they feel uncertain at first) as it proves to me what I have direct control over and what I don’t – then I don’t need to waste my energy on things that I can’t have an impact on.

An example would be to focus more on what I can control about my future career now (like doing this programme!) and not on what I can’t influence.