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.

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 Concern

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 Influence

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

Circle of Control

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

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.