

# Reframing anxiety about the future

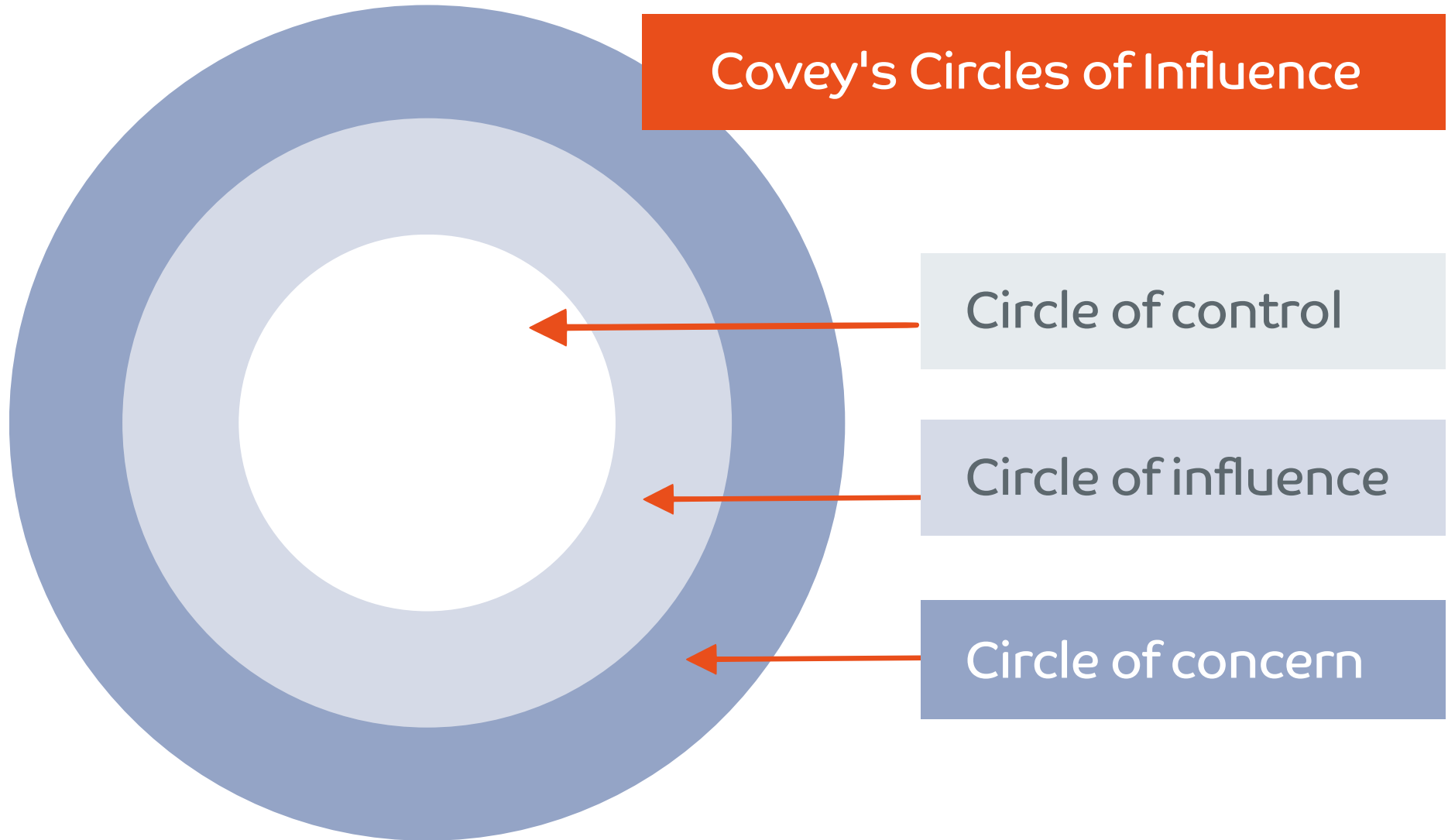
## Covey's Circles of Influence

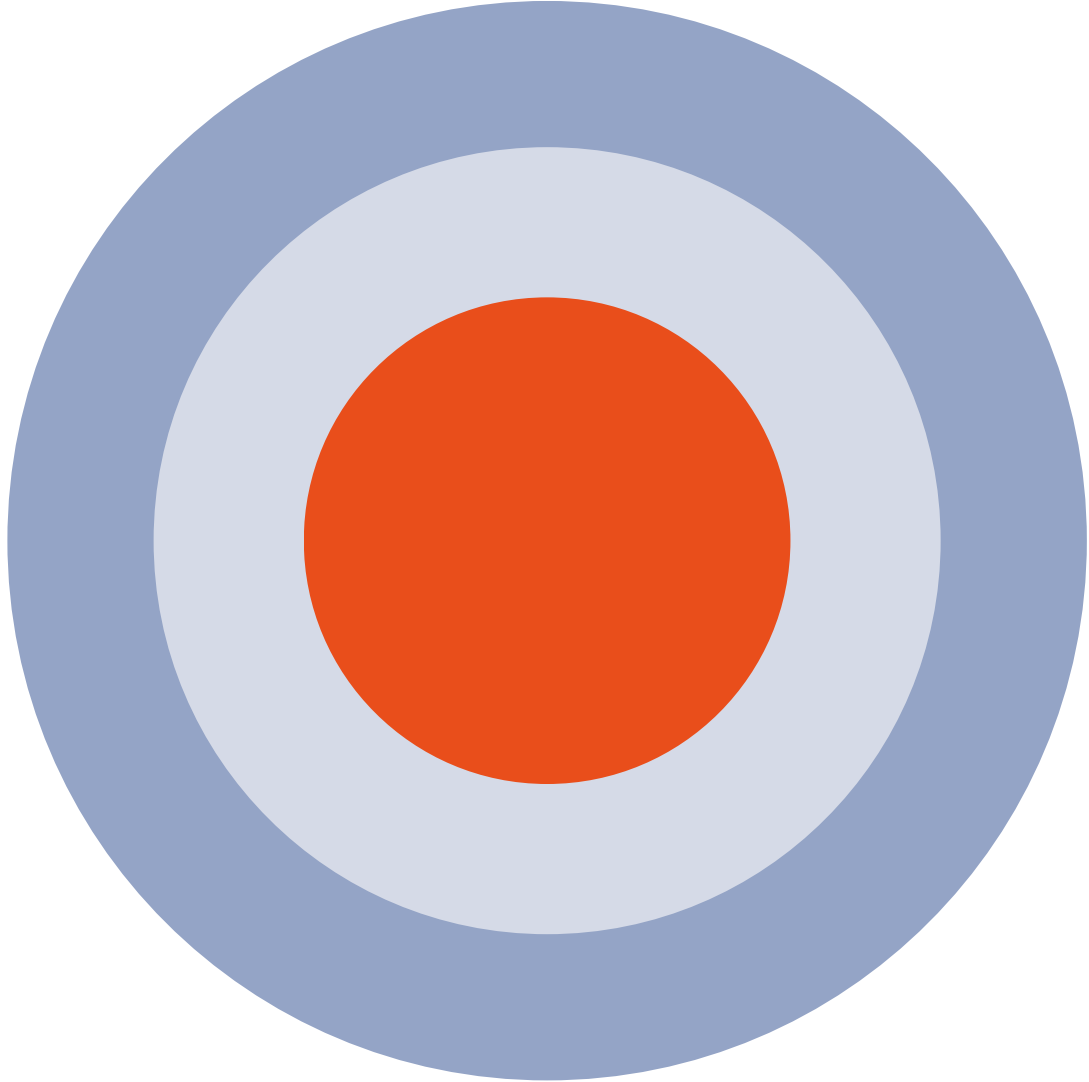
You can use Covey's Circles of Influence model to help break down a problem into areas that you can accept, influence or control.

Categorising your worries in this way can help the problem seem less overwhelming and more manageable to deal with.



## Covey's Circles of Influence



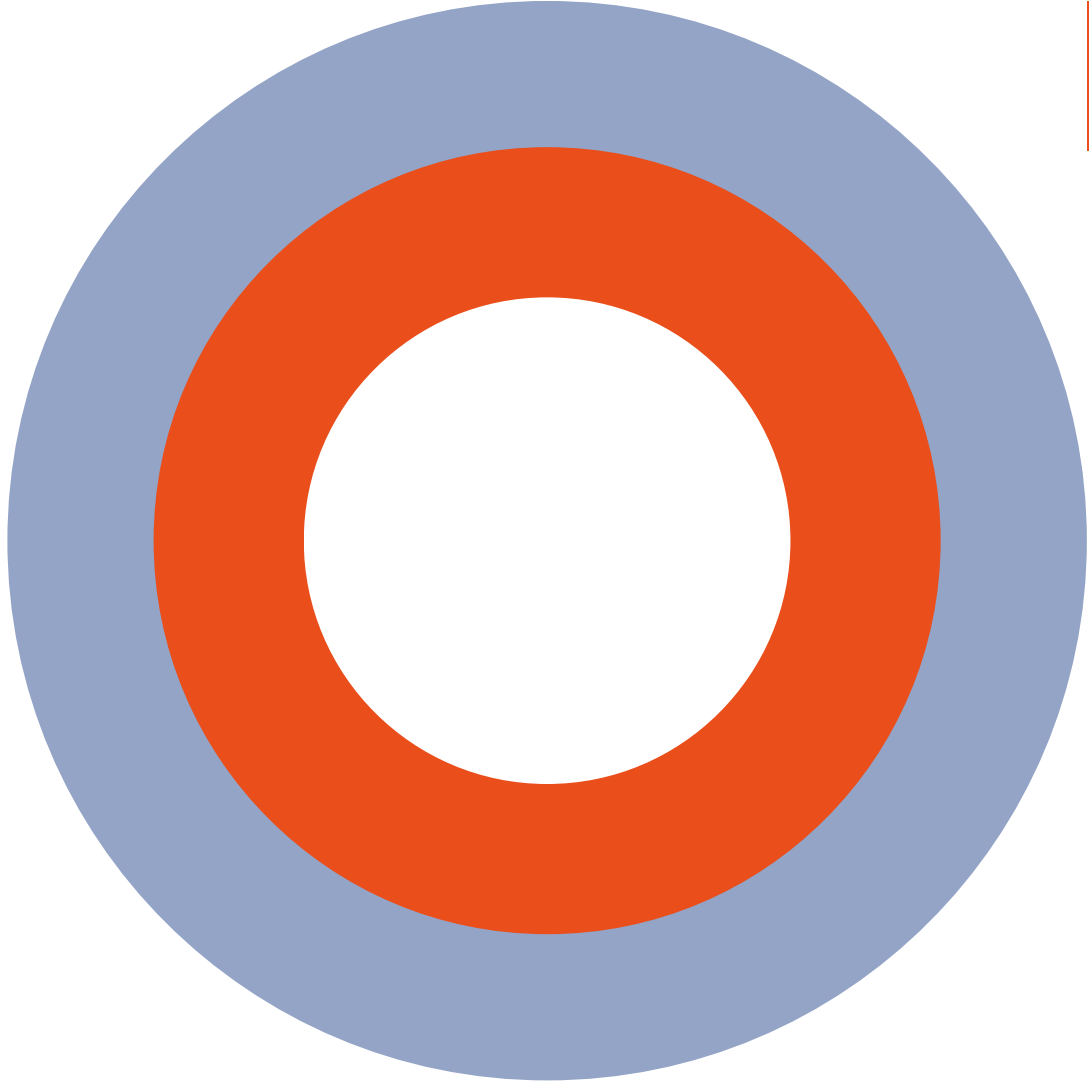


## 1. Circle of control

Is it in my control?

Make a list of the things you already have control over. This might include:

- Your behaviours and actions
- How you speak to others
- Choices about your health
- Who you follow on social media

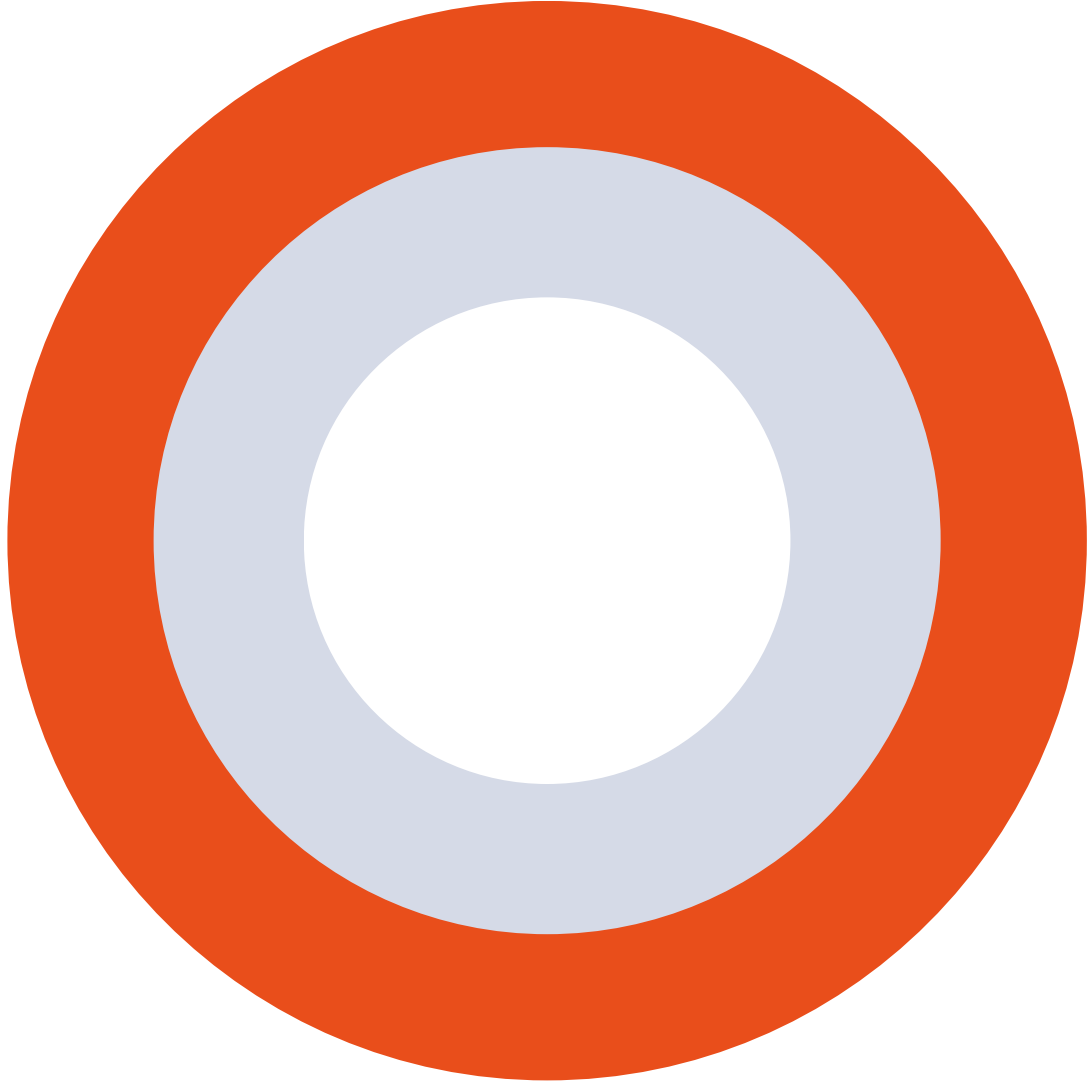


## 2. Circle of influence

If I can't control it, can I influence it?

While it might feel like there's not a lot you can directly control, there's likely to be more that you can influence. For example:

- Your relationships with other people
- How you plan your day
- Who you spend time with
- How often you say 'no'



### 3. Circle of concern

If I can't influence or control it, can I try to accept it?

Your circle of concern might include things like:

- Politics
- The economy
- The weather
- Other people's actions