THE UPSIDE TEACHING GUIDE

Episode 54: Confessions of a Control Freak: The Secret to Reducing Stress

What is currently creating stress, frustration, or anxiety for me?
Be specific. Identify the situation, the person, or the outcome.

Define the Circles
Circle of _____
What I care about but cannot control.
Circle of _____
What I can impact but do not own.
Circle of _____
What is fully mine. My mindset. My preparation. My effort. My response. My boundaries.

Now map your situation:

- What elements belong in each circle?
- Where have I blurred the lines?
- Stress often grows where responsibility is misplaced.

Ask yourself:
Am I trying to control someone else's choices?
Am I over owning an outcome?
Am I managing emotions that are not mine?
What result am I gripping too tightly?
What is truly mine to steward here?

Write it clearly.

Reclaim Your Power
Complete this sentence:
Regardless of what happens, I can control my _____.

Identify one action you will take this week that lives fully inside your Circle of Direct Control.