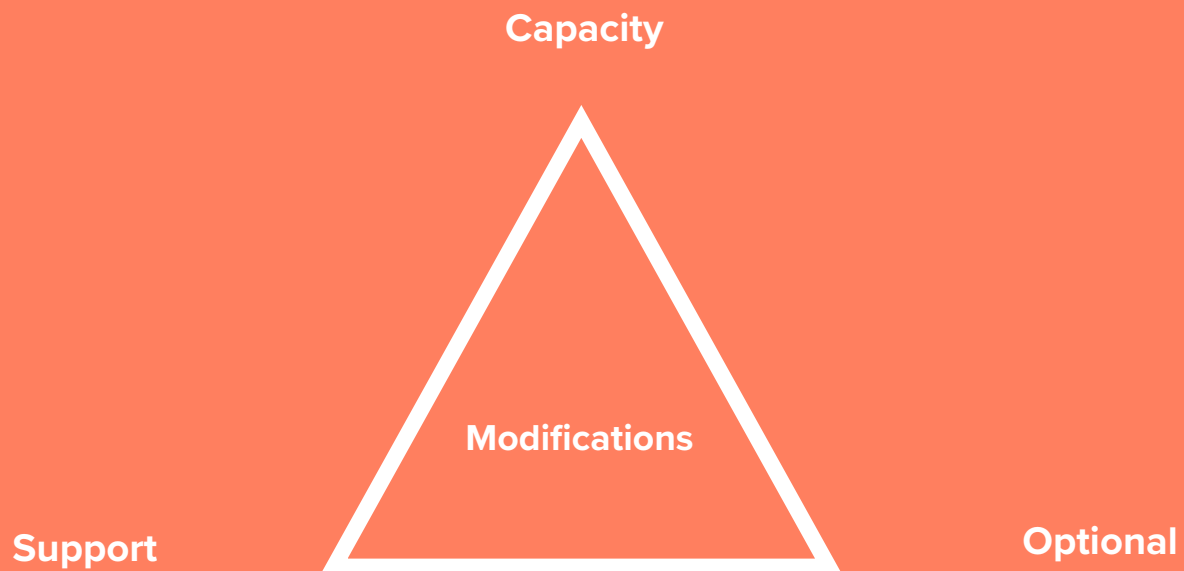


Triangle Framework for Reframing Control



Amidst uncertainties, we can regain control by making modifications to reframe the situation. This framework can help determine how to either **modify our response to something outside of our control** or **modify our actions to make it more within our control**. When faced with a challenge outside of your control, ask the following questions to determine if there is an opportunity to regain some control over it:

What is **Optional**? – Can anything be removed from your to-do list or calendar to free up more time to address the challenge? Is there anything that can be delayed or has a longer time frame? Is there anything that is optional or that you can participate in a different or diminished capacity?

What is in your **Capacity**? – Given your time constraints, energy level and sense of comfort, what is realistic for you to complete or engage in? Can you modify the time of day or location to make it more within your capacity?

Is there someone who can offer **Support**? – Who can you ask for help to manage your load – colleagues, friends, supervisors, family, roommates, counselor? Can they accompany you to provide support? Can they be available to process your response to a situation? Can they support you by taking something else off your plate?