

# REFRAMING CONTROL

A guide to explore ways you can modify stressors to gain more control over them.

1. Consider the things in your life that impact you, worry you, take up a lot of your mental energy and then list under them **CHALLENGE/STRESSOR**
2. Consider an aspect of these challenges that is outside of your control. Using the Triangle Framework, assess any possible ways you can modify your reaction to the situation. List them under **ACTION TO MODIFY**
3. Consider an aspect of these challenges that is within your control. Using the Triangle Framework, assess any possible ways you can directly take action to adapt it to be less stressful and more within your current capacity. List them under **ACTION TO CONTROL**



**CHALLENGE/STRESSOR**

**ACTION TO MODIFY**

**ACTION TO CONTROL**