Circle of control

world events/ things in the Dews

other people's emotions

other people's mood & behavior

> things from the past

the way I treat others my boundaries & how I communicate thom

processing emotions

my mood

my

other people's actions

thoughts

how I treat

myself

the way people speak to me

what people

think about me

the way people treat me

I can control

my actions

the way I

speak

my mindset

the people I spend time with

my choices/ decisions

I can't control

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No Control English Edition

Ian Pickup

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