

Controllability Circle

AGENCY & CONTROL · WHAT YOU NEED, TOO · SOPHIA KUEI

Choose one current problem. Keep it specific. Then sort what belongs to you, what you can influence, and what is outside your reach.

The Specific Problem I’m Working With

Example: “Homework has not started by 5:00 p.m.” (not “Homework is difficult”)

Sort the Pieces of This Problem

MINE	I CAN INFLUENCE	OUTSIDE MY REACH
What I can control e.g. the time I bring it up · the words I use · the choices I offer	What I affect, not control e.g. my child’s willingness · whether another adult responds	What I cannot control e.g. yesterday’s missed work · another person’s mood

Choose One Item From “Mine.” That Is Your Action.

MY ONE ACTION FROM THE “MINE” CIRCLE

Turn Control Into a Boundary

A boundary describes what you will do and what the environment will look like.

1

Here is the request.

2

Here are two choices.

3

Here is the part I will hold.