Letting Go of Control

1. When you think of controlling your life, why do you feel you do this?
2. What areas of your life do you try to control? Who in your life do you try and control?
3. What do you think you will achieve by trying to be in control?
4. What do you fear about life?
5. What do you believe would happen if you let go of control?
6. How do you think you would feel if you could let go of control?
7. What steps can you take now to work through this?

Free writing exercise:

I know my fears and inability to let go of control come from…….

Well done on completing this video and worksheet. Be gentle with yourself.