Managing Thoughts and Emotions

Controllable versus Uncontrollable

Worry, panic, anxiety, sadness, irritability, frustration, depression, anger – almost all of us are experiencing intensified emotions and increases in painful thinking these days. While it is not possible to erase these very real experiences, it is possible to accept our thoughts and emotions as important and valid information about the situation we are in while not allowing them to completely take over. Use the this two-column technique to help by focusing more on what you can and control and less on what you can't.

Situation/Thought

(Example: I can't stand being cooped up in the house any longer. If I have to do this much longer I am going to go crazy).

When you find yourself becoming overwhelmed by your thoughts or feelings write about your thought or situation on the lines below. Use the left-hand column to write about all the things that you are focused on but have no control over. Use the right-hand column to write about everything in your control that you can do to manage.

'Uncontrollables'	'Controllables'
(Ex: The pandemic; Social distancing, isolation, or quarantine; The weather; Other people; When the pandemic will be over.)	(Ex. How much time I spend online looking at coronavirus content; Where I am in my house; Requesting alone time; Practicing mindfulness or meditation; Exercising; Going outside in nice weather; Journaling.)