

Student Counselling Office (Zentrale Studienberatung)

What's within my control – and what's not?

This brief exercise is meant to help you gain clarity about the difference between those areas of your life where you have control and those where you have no control. You should also be clear that although you may be able to influence some things, you ultimately have no control over them. For example, you can try to get other people to like you by doing certain things. You can be nice, helpful and thoughtful – you have control over these things. But whether or not this makes the other person like you is ultimately beyond your control. You have no power over this.

Think about whether or not you have control over the following items, answering with yes or no:

Yes/No	
	The things you say
	The decisions others make
	The thoughts that go through your head
	The decisions you make
	The resolutions you make
	Your past
	Whether other people drink alcohol
	What values you live by

Student Counselling Office (Zentrale Studienberatung), HAW Hamburg, Stiftstraße 69, 20099 Hamburg

We're here to answer all of your questions about your studies – by email, by phone or in person.

You can find up-to-date contact information and office hours at bit.ly/HAW-ZSB.

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	Whether you drink alcohol
	Whether other people get angry
	Whether you get angry
	Whether others are on time
	What others think

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