# The Control Worksheet

**What are you anxious about controlling?**

**What's are you worried about happening if you can't do it?**

**How important is it really?**

*meh*        *life or death*

**What's your ideal routine?**

**How could you change your routine without too much stress? What's the plan B/C/D/E...?**

**What do you care about enough to opt for plan B-Z?**