



Circle of Control

The circle of control is based on the circle of influence theory created by Stephen Covey. Pregnancy after loss can be a really stressful time – and it might help to remind ourselves what we can and can't control. Use this template to create your circle of control.



Think about your worries and concerns – then think about things you can and can't control. E.g:
You can't control outcomes at an appointment. You might be able to influence how you feel/respond before/during an appointment. You can control how you prepare for an appointment, such as what you eat, what you take, who you take etc.

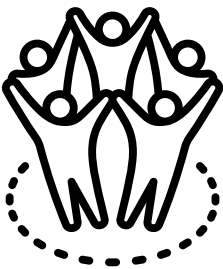
Circle of Control - when things are outside of your control



Try journaling - writing your thoughts can help clear your mind when things aren't in your control.



Meditation/mindfulness can help you feel grounded.



Reach out to your support network



Seek support from charities/organisations/therapy services

