



Outside my control

Vast majority of my emotions and feelings

Vast majority of my thoughts

Vast majority of my sensations

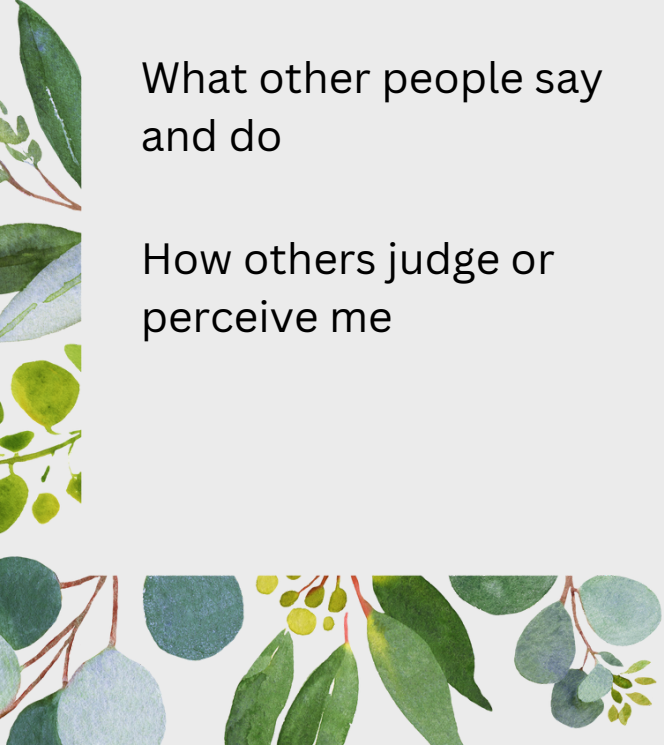
Memories

Whether or not I achieve the outcomes I want

How good I feel when I'm doing what I do

What other people say and do

How others judge or perceive me



Within my control

How I respond to my emotions and feelings

How I respond to my thoughts

How I respond to my sensations

How I respond to my memories

What I say and do to increase the chances of achieving what I want

How much I focus on or engage in what I do

What I say and do to influence other people

Whether or not I act like the sort of person I want to be



Outside my control

What happens in the future

What happened in the past

Painful losses

Whether or not life gives me what I want

Most of life's difficult events (e.g. work issues, illness, injury, suffering of loved ones, natural disasters, economic crisis, global warming)

Within my control

What I say and do to influence the future

How I respond to thoughts about the past

Being self-compassionate when facing loss

The values I live by and act on, whether or not life gives me what I want

The values I live by and act on in the face of life's difficult events, and my degree of self-compassion