



Supporting the anxiety (intervention)

Supporting approach	Making it successful	Resources
<p>'Circle of influence/circle of concern'</p> <p>This approach comes from Steve Covey (1989) book called <i>7 habits of highly effective people</i>.</p> <p>It assists people to establish a sense of perspective about what we can control and influence and what is beyond our control.</p> <p>The <i>'circle of concern'</i> encompasses the wide range of concerns young people may have such as what health issues they <i>may</i> get, their parent's job security, things happening in their friend's lives or families, past regrets, what people think of them etc.</p> <p>The <i>'circle of influence'</i> (sometimes called <i>'circle of control'</i>) encompasses those concerns that we can do something about. They are concerns that we have some control over.</p> <p>Individuals who experience anxiety often have many worries and worry about things out-with their control. This takes a lot of their time, attention and energy, adding to feelings of helplessness.</p> <p>By undertaking this exercise and establishing a more accurate sense of what is within their control, they feel more proactive and solutions to factors genuinely within their control can then be generated.</p>	<p>It is important the child/young person has a trusted relationship with the adult undertaking this task with them.</p> <p>Where the child/young person has difficulty expressing their worries verbally, the adult can provide them with pre-prepared cards to place in the <i>'circle of concern'</i> or <i>'circle of influence'</i>.</p> <p>To check that the child/young person can distinguish between these two concepts, the adult may wish to use some example that are not particular worries for the child to explain the concept of worries that the child/young person cannot do anything about.</p> <p>It may be necessary to return to this exercise multiple times to review how adjusted the individual's thinking is, i.e., can they now accurately categorise and emotionally distinguish the difference between their concerns?</p>	<p>See attached sheet to assist.</p>

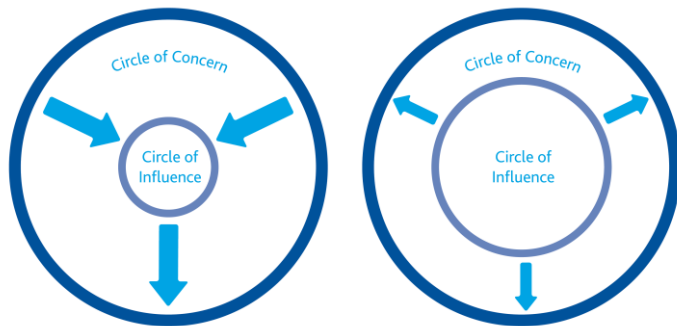
Stephen Covey defines **proactive** as "being responsible for our own lives.....our behaviour is a function of our decisions, not our conditions.



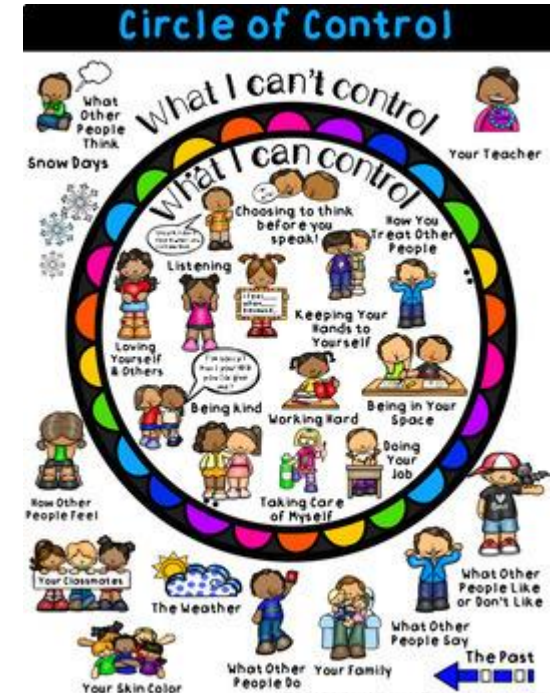
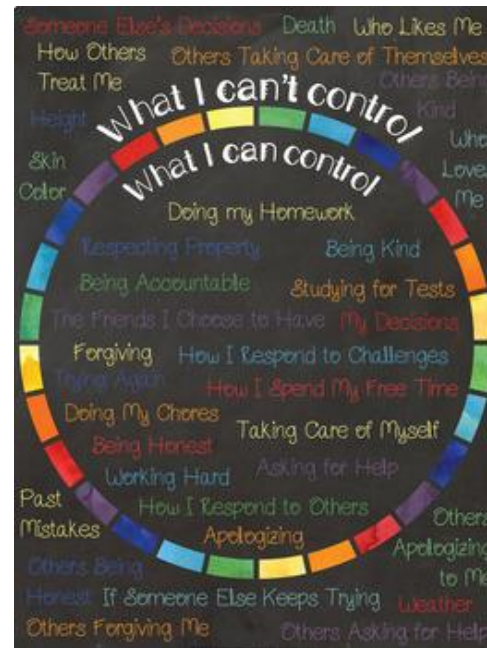
Circle of influence/Circle of concern

When we are reactive and dwell on concerns that we cannot control, negative energy reduces our circle of influence.

By focusing on being proactive – working on the things we can change, our circle of influence will enlarge.



EXAMPLES



The Speech House
<http://sherm04.blogspot.com/2012/07/asperger-perfectionism-sigh.html>