

# My Problem Sorter

Check off whether you can or can't control the situations listed!



Name: \_\_\_\_\_

**Things I Can Control**

**Things I Can't Control**

|                          |  |  |
|--------------------------|--|--|
| weather                  |  |  |
| my attitude              |  |  |
| school rules             |  |  |
| what time school starts  |  |  |
| using kind words         |  |  |
| traffic                  |  |  |
| being honest             |  |  |
| following directions     |  |  |
| other people's choices   |  |  |
| apologizing              |  |  |
| being picked for a team  |  |  |
| how I act when I get mad |  |  |