

Some things are out of my control

In life, we have control over some things that affect us, while other things we have no control over at all, and in these cases, it can feel as though there is often nothing we can do about the situation that we have found ourselves in. What are the things in life that you can and can't control?

Out of My Control

In My Control

Is there any way you could regain some control over the situation?
What could make you feel better when things are feeling out of control?