WORKSHEET 102 · FOR THE PSYCHOLOGIST

What depends on me

Sorting what I can act on, influence or accept

AIM

Help the person sort sources of work stress into three circles (what I control, what I can influence, what doesn't depend on me) so as to direct their energy.

WHO IT IS FOR

Work stress, rumination about other people's decisions, a sense of helplessness.

DURATION

15 min in session

HOW TO RUN IT

1. List the sources of stress.
2. Sort them into the three circles.
3. For the first circle: concrete actions; for the second: whom to talk to and how; for the third: acceptance work (worksheets 29, 82).
4. Spot where the person spends most energy.

POINTS TO WATCH

> Don't push the person to "accept" an unfair or dangerous work situation (harassment): it requires action and protection.

REFERENCES

Bakker, A. B. & Demerouti, E. (2007). The Job Demands-Resources model: State of the art. Journal of Managerial Psychology, 22(3), 309-328.

Hayes, S. C., Strosahl, K. D. & Wilson, K. G. (2012). Acceptance and Commitment Therapy: The Process and Practice of Mindful Change (2nd ed.). Guilford.

PSYCHOLOGIST'S NOTES

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WORKSHEET 102 · WORKSHEET TO HAND OUT

What depends on me

At work, many things don't depend on us. Going over them is exhausting. Sorting sources of stress into three circles helps you put your energy where it can be useful.

1. List what stresses you at work.
2. Place each item: what I control, what I can influence, what doesn't depend on me.
3. For what I control: an action. For what I influence: whom to talk to.
4. For what doesn't depend on me: I practise letting go (worksheets 29 and 82).

Source of stress	Control / Influence / Outside my control	What I do

Where do I spend most energy for nothing?

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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