So	netimes it can help to step back and notice what we do	,
	e control over. Think about a situation that is currently	
	llenging, such as a problem at work or a difficult rela-	
	ship. What are the things that you can't control in this	
	ation? What are the things that you can control? How you focus more of your energy on what you can control	ı
	rder to improve the situation? What are some next steps	
	want to take?	,
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