

WORKSHEET VI-7.

Can You Control This?

This exercise involves completing the following four steps:

- Step #1: In the first column, put down all the things you are worried about, as you think about an upcoming match.
- Step #2: In the second column, answer "yes" or "no" to the question: Can you control this?
- Step #3: Cross out all the things you are worried about that you CANNOT control, all to which you answered "no."
- Step #4: In the third column, name one thing you CAN do about each of the things you are worried about that you CAN control, all to which you answered "yes."

Pre-Match: Things You Worry About	Can You Control This?	If "Yes," One Thing You Can Do