

CIA Mindset Worksheet

Control, Influence, and Acceptance

Use this worksheet to identify areas of your life where you need to take control, use your influence, or practice acceptance. This exercise will help you focus your energy on what truly matters and reduce stress caused by trying to change the uncontrollable.

Step 1: Identify a Current Challenge

Think of a situation that is causing you stress, frustration, or emotional distress. This could be related to addiction recovery, relationships, work, or personal well-being.

Describe the challenge in 1–2 sentences:

Step 2: Break It Down Using the CIA Mindset

What Can I Control?

List the actions, behaviors, or choices that are **fully within your control** in this situation.

I can control...

What Can I Influence?

List the areas where you **can have an impact** but do not have full control.

I can influence...

What Must I Accept?

List the aspects of the situation that are **outside of your control** and need to be accepted.

I need to accept...

Step 3: Take Action Based on Your Answers

For what you CAN control: What small step will you take today to make a positive change?

Action I will take:

For what you can INFLUENCE: How can you offer guidance or support without forcing the outcome?

Way I will influence positively:

For what you must ACCEPT: How will you remind yourself to let go and focus on your own well-being?

How I will practice acceptance:



Reflection Questions

- How does shifting your focus to control, influence, and acceptance change how you feel about the situation?
- Where do you often waste energy trying to control the uncontrollable?
- How can you remind yourself to use this mindset in daily life?

By applying the **CIA Mindset**, you can reduce stress, make healthier choices, and focus on what truly leads to change. **Keep this worksheet as a reminder** to use your energy wisely!