

# Controllables vs. Uncontrollables

We know that if we stay up too late at night looking at Tik Tok, we will be tired the next day. We can control this, so we call this a “controllable.” “Uncontrollables,” on the other hand, we cannot control. We cannot control if our spine starts to curve. While scoliosis is out of your control in some ways, there are parts of it that are within your control. Complete this worksheet and take control of your journey!

## Step 1: Uncontrollables

Think about the “uncontrollable” parts of your scoliosis journey and write them out.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Step 2: Controllables

Now find a few elements of your uncontrollable situation that are within your control.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

## Step 3: IF, THEN Statements

IF, THEN statements help you prepare for potential obstacles you may face and can give you some direction. For example, IF I am worried about telling my new friends about my scoliosis brace, THEN I will remind myself that my friends love me for who I am. Think of some IF, THEN statements that would be helpful for you.

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

SCOLIOS-S

