

I CANNOT CONTROL

(So, I can **LET GO** of these things)

My diagnosis

My positive attitude

The rules I have to follow

My self-care

My kindness to myself

How long things will last

I CAN CONTROL

(So, I will **FOCUS** of these things)

The way I manage my condition

The way I cope

My feelings

How I follow medical advice

Other people's reactions

Symptoms I experience

Predicting what will happen