

# INTERACTIVE WORKSHEET

## ZONE ONE / ZONE TWO

*Some things are in our control and others not. Things in our control are opinion, pursuit, desire, aversion, and our own actions. Things not in our control are ... body, property, reputation, command, and whatever ... are not our own actions.*  
([The Enchiridion, by Epictetus; published c. 125 CE; translated by Elizabeth Carter](#))

**Stoicism** divides our experiences into two zones:

- **Zone 1:** Is our internal domain and contains things we can control directly (our thoughts, actions, and responses).
- **Zone 2:** External things we cannot control (external events, other people's behaviour).

### **Exercise Part 1:**

Consider a situation you have been reflecting upon in a manner that you believe is not helpful to your overall mood/happiness. Choose a time and place where you will be uninterrupted and separate the elements of that situation into the two Zones described above. Consider the context, the facts, the emotions, and the assumptions. Write down all of your thoughts regardless of their perceived merit.

Zone 1 Things I control directly	Zone 2 Things I cannot control

### **Exercise Part 2:**

Is there anything in Zone 2 that you have tried to bring into Zone 1 under your control?

If yes, what has resulted from that?

Bring these thoughts to your next coaching session.

*Ref: The Happiness Trap, Dr Russ Harris*



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