

CLEMSON UNIVERSITY OMBUDS OFFICE

WHAT CAN YOU CONTROL?

TESSA BYER, UNIVERSITY OMBUDS

So much conflict and turmoil come from worrying about what you can't control or trying to find a way to assert control over something you have no control over. Instead, you can turn that energy toward the things you can control. You may not be able to avoid the conflict altogether, but that's only because ***there are things here that you have no control over***. Do well the things you can control, let go of what you can't, and then you can sleep at night regardless of the decisions others make.

WHAT YOU CAN CONTROL (And should focus on)

- That your words, actions, and decisions align with your values, beliefs, and goals.
- That you treat others with respect and kindness.
- That when you feel mistreated, you refrain from reacting in a way that escalates the situation.
- That you take responsibility when you make a mistake. You apologize when you hurt someone, regardless of your intentions.
- That you work hard and invite others into collaboration with you.
- That you start from the assumption that people will do the right thing.
- That you forgive and give people a second chance.
- That you keep your promises.

WHAT YOU CAN'T CONTROL (And should let go of)

- Their words, actions, and decisions.
- How your words and actions are perceived.
- Whether you hurt, anger, or disappoint someone.
- How someone responds or reacts to you.
- Whether someone treats you with respect or kindness.
- Whether someone likes you.
- Whether someone forgives you or gives you another chance when you make a mistake or apologize.
- What people say about you to others.
- Whether someone keeps their promises.

