



EDSA

In partnership with The National Association of
Anorexia Nervosa & Associated Disorders

PROJECT EDSA

Email us @projectedsa.info@gmail.com or
find us online @projectedsa

WHAT CAN I CONTROL?



ITS OKAY TO NOT HAVE CONTROL SOMETIMES!



CONTROL

THINGS UNDER MY CONTROL

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

NO CONTROL

THINGS NOT UNDER MY CONTROL

- 1 _____
- 2 _____
- 3 _____
- 4 _____
- 5 _____
- 6 _____
- 7 _____
- 8 _____
- 9 _____
- 10 _____

YOU CAN'T ALWAYS CONTROL EVERYTHING.
AND THAT'S OKAY!

