

Control-Influence-Accept Model

When a lot of everyday tasks build up, the pressure can feel very overwhelming. Individuals can experience feelings of hopelessness, frustration, and even depression.

The **Control-Influence-Accept Model** below was first developed by Neil and Sue Thompson in their book, *“The Critically Reflective Practitioner”* (Thompson & Thompson, 2018). This model was meant for usage in business and group settings, but can be applied individually when people are feeling depressed.

A loss of control and indecision are two issues that individuals with depression can face, and having a model like this can help them determine:

- 1) their response to a situation and
- 2) what aspects they can control.

Below is a breakdown of each of the three elements in this model:

1. Control:

- Your behavior surrounding the event
- When you complete certain tasks
- Your approach to situations and tasks

2. Influence:

- How you respond to an event
- Your response to others
- Knowing who to turn to for help or advice

3. Accept:

- Other people’s responses or decisions
- The ever-changing world around you

Therefore, when approaching a problem or event, it is important to break down the aspects of each situation so you can better understand how to approach something overwhelming. Breaking it down can help you better understand your potential approach instead of engaging in unproductive worry.

Control-Influence-Accept Model

Situation and/or Event

What can I **Control**?:

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-
-

What can I **Influence**?:

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What do I need to **Accept**?:

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Reflective Questions

1. After completing this exercise, how do you feel about the situation?
2. Is there anything in the “accept” field that you wish you could control or influence? If so, think about why you feel this way and write it below.

References

- Thompson, S., & Thompson, N. (2018). *The critically reflective practitioner*. Macmillan International Higher Education.

Gabriella Lancia, PhD