

STABILISATION PROTOCOL

Circle of control

Reclaiming Your Energy

If you feel constantly drained, it is likely because approx. 80% of your mental energy is spent on things you cannot actually influence. This PDF introduces the core tool from the Stabilization Protocol: The Three-Tier Control Model, which immediately shows you where to stop leaking energy.

The Ultimate Energy Leak: Misplaced Focus

The heavy mental load of parental burnout comes from stressing over things that fall into the Outside My Control category. When you try to control the uncontrollable, you engage in a futile loop that spikes your stress hormone (Cortisol) and drains your mental reserves. The goal is to consciously funnel your precious energy ONLY into the inner and middle circles.

The Three-Tier Control Model

This diagram separates your mental load into three clear zones. Your only job is to direct your energy based on the circle it falls into; the middle 2.

Inner Circle: Control (Focus)	Middle Circle: Influence (Advocate)	Outer Circle: Concern (Let Go)
My reaction to a situation.	My communication style when addressing my child's behavior.	Other people's opinions of my parenting.
My boundaries and refusal to take on extra work.	Advocating for a specific solution with my partner or school.	The final outcome of an external decision (e.g., school politics).
My self-care, diet, and sleep habits.	Trying a new discipline or routine consistently.	The past or mistakes already made.
My self-talk and inner compassionate voice.	My child's attitude on a given day (I can guide, but not command their mood).	External circumstances (e.g., traffic, the weather, public policy).

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A

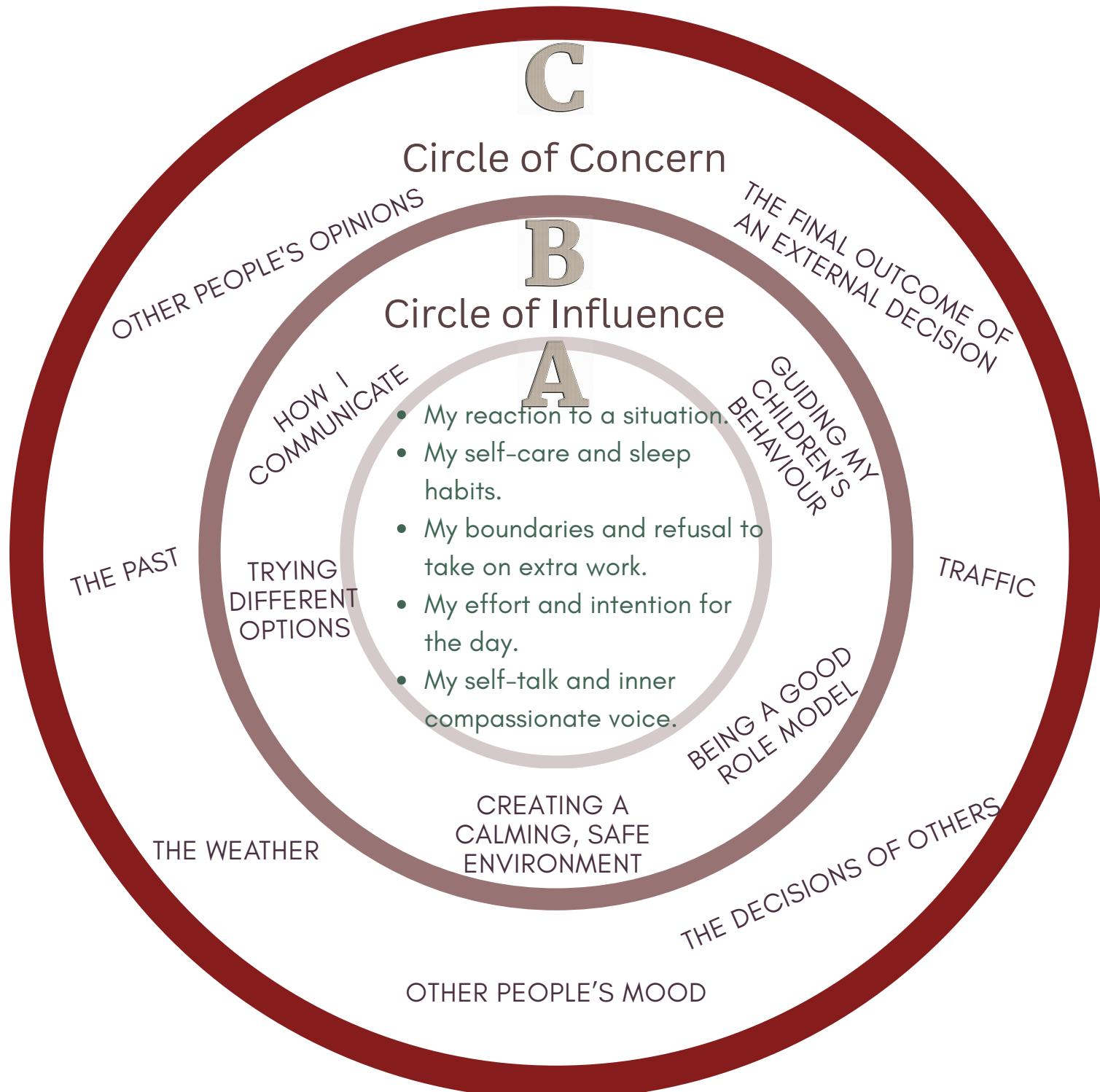
Inner Circle: Circle of Control (Your actions, reactions, words, effort, choices)

B

Middle Circle: Circle of Influence (Things you can try to affect, but the outcome isn't guaranteed)

C

Outer Circle: Circle of Concern (Everything else you worry about, which is **not in your control.**)



So the key here is to **"let go"** of anything that falls in to the outer **"circle of concern"**, as none of this is in your control.

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Prioritizing your Wellbeing

YOUR CIRCLE OF CONTROL IS YOUR

A

LIST

- My reaction to a situation.
- My self care and sleep habits.
- My boundaries and refusal to take on extra work.
- My self-talk and inner compassionate voice.
- My effort and intention for the day.

THE V.I.P.S (“VERY IMPORTANT PARTS”) OF YOUR LIFE THAT
ARE IN YOUR CONTROL.

In order to protect and strengthen the boundaries of that circle, it's important that you nurture and empower those parts of you, by scheduling time in your week to tend to them.



- Journalling
- Meditation
- Mindfulness

- Self-care
- Nutrition
- Hydration
- Movement

- Sleep habits
- Connecting with others.
- Learning or trying new things.
- Nurturing relationships

Think about how you want to nurture your V.I.P.s and book a firm appointment in with yourself to fulfil those needs.

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Setting Boundaries

Essential Boundary Scripts: The Art of the Gentle "No"

Learning to say "No" is the action that enforces the Control Circle. It is the practice of protecting your time and energy from the demands of the outer circle, ensuring you have enough left to manage your Inner Circle and advocate for your Middle Circle.

1. The External Pause Script (For Work, Commitments, or Non-Essential Asks)

This script is for when you feel the pressure of an unnecessary demand that threatens to drain your schedule. It avoids an automatic "yes" and preserves your bandwidth.

The Script:

"That sounds important. Right now, my schedule is completely full, but I can check in next week. Feel free to follow up then."

The Power: You are not saying "never," you are creating a crucial time buffer. By saying you can "check in next week," you signal that the task is their responsibility to manage, not yours.

2. The Domestic Deflection Script (For Unsolicited Advice or Criticism)

This script is essential for setting boundaries with family, friends, or well-meaning people who offer unsolicited opinions on your parenting or life choices (which fall entirely into the Outer Circle of Concern).

The Script:

"Thank you for sharing that thought. We have a plan we're following, but I appreciate you looking out for us."

The Power: This is a gentle emotional circuit breaker. You acknowledge their care ("Thank you") while firmly and calmly asserting your authority ("We have a plan we're following"). Do not engage in an argument; simply repeat this phrase if the advice persists.

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Setting Boundaries

3. Scripts for Energy Protection (Family & Friends)

These scripts help you protect your time and emotional space from demands that are not yours to carry.

Situation	The Boundary Script	The Goal
Declining a Social Invitation	<p>"I need to prioritize downtime tonight. I'd love to try again in a few weeks when my mental load is lighter."</p>	<p>Prioritizes rest over social obligation without guilt.</p>
Limiting a Difficult Conversation	<p>"I only have 10 minutes right now, but I want to give this my full attention. Can we schedule a time for a longer call tomorrow?"</p>	<p>Sets a clear time limit to avoid emotional drain.</p>
Asking for Help/Support	<p>"I am feeling overwhelmed and need some practical help. Can you watch the kids for an hour while I step out, or is that not feasible for you right now?"</p>	<p>Makes a direct, non-apologetic, and specific request.</p>

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4. Scripts for Reclaiming Emotional Space (Partner/Spouse)

These scripts clarify roles and ensure that the mental load is shared, bringing tasks back from the Outer Circle of Concern into a shared Middle Circle of Influence.

Situation	The Boundary Script	The Goal
Assigning Undefined Tasks	<p>"That task belongs to your area this week. How and when you execute it is up to you, but I need it done by Friday."</p>	<p>Clarifies ownership and shifts the mental load of execution.</p>
Protecting Personal Time	<p>"I need 30 minutes of uninterrupted alone time tonight starting at 8 PM. Please hold all non-emergency questions until 8:30 PM."</p>	<p>Defines clear, sacred time for self-recharge.</p>
When Feeling Overwhelmed	<p>"I am at my limit right now. I need you to sort dinner and bedtime tonight so I can recharge. Can you commit to that?"</p>	<p>Uses direct, measured language to express need, not blame.</p>

These help you delegate the worry. You stop being the tracker of the task, and you start being the advocate for a shared solution, which moves the task out of the energy-sapping Circle of Concern.