



# BEHAVIORAL WORD STUDY

## SELF-CONTROL

Kids begin to understand the efforts involved and results gained from learning SELF-CONTROL at a very young age, when they are successful at becoming potty trained. SELF-CONTROL is a subject that kids must learn to apply in a myriad of circumstances through childhood. This behavioral study gives adults a format for discussing the dynamics of SELF-CONTROL, no matter what behavior requires it. Engage kids in discussing the dynamics involved that are listed on this word study. Explain words that kids aren't familiar with to enlighten their understanding. Use the blank spaces to add additional possibilities during discussion.

POSSIBLE DIFFICULTIES	FEELINGS BLOCKING ACTION
<input type="checkbox"/> Bad environment <input type="checkbox"/> Lacking self-discipline <input type="checkbox"/> Forgetting too easily <input type="checkbox"/> Outsmarting impulses <input type="checkbox"/> Finding it hard <input type="checkbox"/> Being overwhelmed <input type="checkbox"/> Lack of instruction <input type="checkbox"/> Temptation <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Comfort too important <input type="checkbox"/> Lacking caring <input type="checkbox"/> Depression <input type="checkbox"/> Lacking effort <input type="checkbox"/> Ignoring value <input type="checkbox"/> Stubbornness <input type="checkbox"/> Impatience <input type="checkbox"/> Unwillingness <input type="checkbox"/> _____ <input type="checkbox"/> _____
POSSIBLE SELF-MOTIVATION	GUIDANCE FROM OTHERS
<input type="checkbox"/> Desire to control <input type="checkbox"/> Positive attitude <input type="checkbox"/> Incentives <input type="checkbox"/> Remembering to control <input type="checkbox"/> Clear reasoning <input type="checkbox"/> Interesting instruction <input type="checkbox"/> Consequences <input type="checkbox"/> Seeing progress <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Awards <input type="checkbox"/> Critiques <input type="checkbox"/> Coaching <input type="checkbox"/> Encouragement <input type="checkbox"/> Consistent reminders <input type="checkbox"/> Punishment <input type="checkbox"/> Counseling <input type="checkbox"/> Strategies <input type="checkbox"/> _____ <input type="checkbox"/> _____
PROBABLE ACTIONS	RESULTS EXPECTED
<input type="checkbox"/> Accepting struggles <input type="checkbox"/> Memorizing <input type="checkbox"/> Detailing <input type="checkbox"/> Obeying rules <input type="checkbox"/> Disciplined practice <input type="checkbox"/> Patience <input type="checkbox"/> Exertion <input type="checkbox"/> Strategies <input type="checkbox"/> _____ <input type="checkbox"/> _____	<input type="checkbox"/> Better behavior <input type="checkbox"/> Heightened EQ <input type="checkbox"/> Competency <input type="checkbox"/> Improved self-esteem <input type="checkbox"/> Easier adaptation <input type="checkbox"/> Others' admiration <input type="checkbox"/> Emotional balance <input type="checkbox"/> Tamed behavior <input type="checkbox"/> _____ <input type="checkbox"/> _____