



Behavioral Word Study

Self-Control

Self-control defines the control we have of our own actions and feelings, and is sometimes referred to as self-restraint, willpower, or level headedness. *Self-control* is required in a myriad of circumstances throughout our lives. We begin to understand the effort involved and the results gained from learning *self-control* at an early young age, when we are successful at using a fork, becoming potty trained, and riding a bicycle.

Engage in group discussions about the dynamics involved in *self-control*. Use the blank spaces to add other factors during discussion. To test your understanding after studying this activity, fill in a Blank Word Study.

Possible Difficulties

- Bad environment
- Forgetting too easily
- Hard to balance
- Lack of instruction
- _____
- _____
- No self-discipline
- Outsmarting impulses
- Overwhelming
- Temptation
- _____
- _____

Feelings Blocking Action

- Comfort too important
- Depression
- Ignoring value
- Impatience
- _____
- _____
- Lack caring
- Lack effort
- Stubbornness
- Unwillingness
- _____
- _____

Possible Self-Motivation

- Desire to control
- Incentives
- Clear reasoning
- Consequences
- _____
- _____
- Positive attitude
- Remembering to control
- Interesting instruction
- Seeing progress
- _____
- _____

Guidance From Others

- Awards
- Coaching
- Consistent reminders
- Counseling
- _____
- _____
- Critiques
- Encouragement
- Punishment
- Strategies
- _____
- _____

Probable Actions

- Accepting struggles
- Detailing
- Disciplined practice
- Exertion
- _____
- _____
- Memorizing
- Obeying rules
- Patience
- Strategies
- _____
- _____

Results Expected

- Better behavior
- Competency
- Easier adaptation
- Emotional balance
- _____
- _____
- Heightened EQ
- Improved self-esteem
- Others admiration
- Tamed behavior
- _____
- _____