



# BEHAVIORAL WORD STUDY

## SELF-CONTROL

SELF-CONTROL is a subject that kids must learn to apply in a myriad of circumstances throughout childhood. 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. 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 write-in additional possibilities.

### POSSIBLE DIFFICULTIES

- Bad environment
- Forgetting too easily
- Finding it hard
- Lack of instruction
- \_\_\_\_\_
- \_\_\_\_\_
- Lacking self-discipline
- Outsmarting impulses
- Being overwhelmed
- Temptation
- \_\_\_\_\_
- \_\_\_\_\_

### FEELINGS BLOCKING ACTION

- Comfort too important
- Depression
- Ignoring value
- Impatience
- \_\_\_\_\_
- \_\_\_\_\_
- Lacking caring
- Lacking effort
- Stubbornness
- Unwillingness
- \_\_\_\_\_
- \_\_\_\_\_

### POSSIBLE SELF-MOTIVATION

- Desire to control
- Incentives
- Clear reasonin
- 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
- \_\_\_\_\_
- \_\_\_\_\_