

Behavioral Word Study

Self-Control

SELF-CONTROL defines the control we have of our own feelings and actions. It is often described as having will power and being self-restraint or level headed. SELF-CONTROL is required in a myriad of circumstances throughout our lives. We begin to grasp the effort and rewards of SELF-CONTROL at an early age, when we mastered such tasks as using table utensils, becoming potty trained, and riding a bicycle. These milestones reflect not only physical coordination but also emotional discipline and perseverance.

Discuss the dynamics involved in SELF-CONTROL. Think of ways you can increase your SELF-CONTROL in every day affairs. 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
- Nurturing incentives
- Clear reasoning
- Consequences
- Positive attitude
- Remembering to control
- Helpful instruction
- Seeing progress
- _____
- _____
- _____
- _____

Guidance from Others

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

Supportive Actions

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

Results Expected

- Better behavior
- Competence
- Easier adaptation
- Emotional balance
- Heightened EQ
- Improved self-esteem
- Other's admiration
- Tamed behavior
- _____
- _____
- _____
- _____

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