



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 | ☐ Lacking self-discipline |
| ☐ Forgetting too easily | ☐ Outsmarting impulses |
| ☐ Finding it hard | ☐ Being overwhelmed |
| ☐ Lack of instruction | ☐ Temptation |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

FEELINGS BLOCKING ACTION

- | | |
|--|---|
| ☐ Comfort too important | ☐ Lacking caring |
| ☐ Depression | ☐ Lacking effort |
| ☐ Ignoring value | ☐ Stubbornness |
| ☐ Impatience | ☐ Unwillingness |
| ☐ _____ | ☐ _____ |
| ☐ _____ | ☐ _____ |

POSSIBLE SELF-MOTIVATION

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

GUIDANCE FROM OTHERS

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

PROBABLE ACTIONS

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

RESULTS EXPECTED

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