

Self-Control Strategies Practice Work

Name: _____

Date: _____

Using the Self-Control Strategies worksheet, choose at least 2 of the following strategies and practice using the technique following the instructions listed on the worksheet.

- 1) Paced Breathing 2) Counting Backwards 3) Pleasant Imagery/ Visualization
4) Relaxation 5) Self-Talk 6) Taking a break

Identify the first strategy that you practiced: _____

Were you able to follow all the steps to the self-control strategy? Yes No

On a scale of 1-5, how useful did you find the strategy in relaxing you or helping to divert a risky situation or difficult mood?

1	2	3	4	5
Not at all Useful	Not Very Useful	Neutral	Useful	Very Useful

On a scale of 1-5, how likely are you to use this strategy again?

1	2	3	4	5
Not at all Likely	Not Very Likely	Neutral	Likely	Very Likely

Identify the second strategy that you practice: _____

Were you able to follow all the steps to the self-control strategy? Yes No

On a scale of 1-5, how useful did you find the strategy in relaxing you or helping to divert a risky situation or difficult mood?

1	2	3	4	5
Not at all Useful	Not Very Useful	Neutral	Useful	Very Useful

On a scale of 1-5, how likely are you to use this strategy again?

1	2	3	4	5
Not at all Useful	Not Very Useful	Neutral	Useful	Very Useful