

Skill Building

Using Self Control

Steps

1. Tune in to what is going on in your body.

Are you about to lose control?

Are you getting tense?

Angry?

Hot?

Fidgety?

2. Decide what happened to make you feel this way.

Consider both outside events and internal thoughts.

3. Think about ways in which you might control yourself.

Relax. Slow down. Count to 10. Breathe deeply.

Assert yourself. Leave. Do something else.

4. Choose the best way to control yourself. Do it.

