

Self-Control Worksheet

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Age: 15

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This worksheet is provided as a tool for mental health professionals to assist their patients in developing greater self-control. It is designed to facilitate self-awareness, goal setting, and the implementation of effective strategies to manage triggers and improve self-regulation.

Understanding self-control

Describe a recent situation where you struggled with self-control:

I got into an argument with my younger sister when she broke my headphones. I yelled at her and slammed the door.

What thoughts or emotions did you experience during this time?

I felt really angry and frustrated. I thought, "She always ruins my stuff, and no one cares how I feel." I also felt guilty after I yelled.

Identifying triggers

What specific triggers seem to challenge your self-control the most?

When people take or break my things without asking, and when I feel ignored.

How do you typically react to these triggers?

I get angry really quickly. I yell, sometimes say things I don't mean, and isolate myself after.

Self-control goals

List the areas where you want to improve your self-control:

Managing my anger when I feel upset. Speaking calmly instead of yelling. Stopping myself from slamming doors or isolating.

For each area, define a clear and achievable goal:

Pause for 10 seconds before reacting when I feel angry. Speak in a quieter tone, even when I'm upset. Leave the room calmly and return after I've cooled down.

Developing strategies

What steps will you take to work towards these self-control goals?

Practice deep breathing when I feel the anger building. Use phrases like "I need a minute" instead of yelling. Keep a journal to reflect on what triggered me.

How will you measure your progress?

I will count how many times I catch myself before yelling or slamming doors and write it down at the end of each week.

Coping mechanisms

Identify healthy coping mechanisms to use when facing triggers:

Take deep breaths (4-7-8 technique). Walk away to cool down. Listen to calming music or go for a short walk.

How will you implement these coping mechanisms in challenging situations?

When I notice myself getting angry, I'll step away and focus on my breathing. I'll also remind myself to communicate calmly instead of reacting right away.

Seeking support

Who can you turn to for support in your journey to improve self-control?

My mom, my school counselor, and my best friend, Jake.

How do you plan to engage these support systems?

I'll tell my mom or counselor when I'm having a hard day. I'll also check in with Jake and talk about things that frustrate me.

Reflecting on progress:

I think I'm getting better, but I still have a long way to go on how well I manage my anger. I'll start thinking about what I could do differently next week.

Set dates for regular reflection on your self-control progress:

I'll reflect every Sunday night

Mental health professional's observations, recommendations, and notes:

Liam shows awareness of his triggers and emotions, which is a positive step forward. He needs to continue practicing his coping strategies and keeping track of his progress. Recommend creating visual reminders for the "Pause-Breathe-Respond" steps and using his journal regularly. Regular check-ins with family and support systems will help reinforce his efforts.