

# Self-Control Worksheet

**Name:** Earl Johnson

**Age:** 28

**Date:** Jan 29, 2024

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 lost my temper during a work meeting when a colleague criticized my project.

**What thoughts or emotions did you experience during this time?**

I felt undervalued and angry. I thought my colleague was undermining my abilities.

## Identifying Triggers

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

Criticism at work and feeling like I'm not being heard.

**How do you typically react to these triggers?**

I become defensive and sometimes lash out verbally.

## Self-Control Goals

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

Managing anger at work, particularly during meetings

**For each area, define a clear and achievable goal:**

To stay calm and respond constructively when receiving criticism

## Developing Strategies

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

Practicing deep breathing exercises before meetings and using 'I feel' statements to express my perspective

### **How will you measure your progress?**

Keeping a journal of instances where I managed my reactions and noting improvements

## Coping Mechanisms

### **Identify healthy coping mechanisms to use when facing triggers:**

Deep breathing, taking short breaks, and discussing my feelings with a trusted colleague

### **How will you implement these coping mechanisms in challenging situations?**

Using deep breathing during meetings and scheduling debrief sessions with my mentor

## Seeking Support

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

My mentor at work and my therapist

### **How do you plan to engage these support systems?**

Scheduling regular meetings with my mentor and discussing progress in therapy sessions

### Reflecting on Progress

**Set dates for regular reflection on your self-control progress:**  
February 20, 2024, and March 20, 2024

### Health Professional's Observations, Recommendations, and Notes

Earl shows a clear understanding of his triggers and is committed to developing healthier coping strategies. Continued support and regular follow-ups recommended.

**Name of Health Professional and Signature:** Dr. Sarah Thompson

**Name of Practice:** Mindful Peace Therapy Center