



Self Control Worksheet

(Think and practice Self Control)

If you feel angry, how do you behave? _____

Things you want to do when you get upset at someone? _____

Things you do to keep yourself calm? _____

_____ **Actions**



Self Controlled Behavior

References

[Hofmann, W., Luhmann, M., Fisher, R. R., Vohs, K. D., and Baumeister, R. F. \(2014\). Yes, but are they happy? Effects of trait self-control on affective well-being and life satisfaction. *J. Pers.* 82, 265–277.](#)

[Tice, D. M., & Baumeister, R. F. \(1993\). Controlling anger: Self-induced emotion change.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.

If someone hits you



*If someone spread
rumor about your loved
ones*



*If you don't get what
you want*



*If you get mad at
someone*



*If you bluntly give
answer without asking*

