

Self-Control Worksheet

Name: _____ Age: _____

Date: _____ dd / mm / yyyy

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:

What thoughts or emotions did you experience during this time?

IDENTIFYING TRIGGERS

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

How do you typically react to these triggers?

SELF-CONTROL GOALS

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

For each area, define a clear and achievable goal:

DEVELOPING STRATEGIES

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

How will you measure your progress?

COPING MECHANISMS

Identify healthy coping mechanisms to use when facing triggers:

How will you implement these coping mechanisms in challenging situations?

SEEKING SUPPORT

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

How do you plan to engage these support systems?

Reflecting on progress:

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

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