

Self-Control

Instructions:

Please indicate how much each of the following statements reflects you in the past month using the following scale:

1	2	3	4	5
Not at all like me	Unlike me	Neither like nor unlike me	Like me	Very much like me

Rating

- _____ 1. I am good at resisting temptation.
- _____ 2. I have a hard time breaking bad habits.
- _____ 3. I do certain things that are bad for me if they are fun.
- _____ 4. I refuse things that are bad for me.
- _____ 5. Sometimes I can't stop myself from doing something even if I know it is wrong.
- _____ 6. Pleasure and fun sometimes keep me from getting work done.
- _____ 7. I am lazy.
- _____ 8. I have trouble concentrating.
- _____ 9. I am able to work effectively toward long-term goals.
- _____ 10. I often act without thinking through all the alternatives.
- _____ 11. I say inappropriate things.
- _____ 12. I wish I had more self-discipline.
- _____ 13. People would say that I have iron self-discipline.

Now calculate your self-control scores!

Step 1: Items 2, 3, 5, 6, 7, 8, 10, 11, and 12 need to be *reverse scored*. Use the following chart to convert your scores:

1	2	3	4	5
5	4	3	2	1

2R: _____ 3R: _____ 5R: _____ 6R: _____ 7R: _____ 8R: _____

10R: _____ 11R: _____ 12R: _____

Step 2: Calculate your total self-control score by taking the mean of all the scores above (add all scores and divide by 13). Make sure to use 2R, 3R, 5R, 6R, 7R, 8R, 10R, 11R, and 12R!

Total Self-Control Score: _____

Step 3: Now calculate your mean scores for *inhibitory* self-control (1-6) and *initiatory* self-control (7-10).

Inhibitory Self-Control Score: _____

Initiatory Self-Control Score: _____