

Self-Control

Instructions:

Carefully read each statement and rate how often you behave in that way **NOW**, at the end of this program, and how often you would have or did behave **BEFORE** this program.

	1	2	3	4	5	6	7
	Strongly Disagree	Disagree	Slightly Disagree	Neutral	Slightly Agree	Agree	Strongly Agree
						<u>NOW</u> , at the end of this program	<u>BEFORE</u> this program
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.						_____	_____

Reference: Tangney, J. P., Baumeister, R. F., & Boone, A. L. (2004). High self-control predicts good adjustment, less pathology, better grades, and interpersonal success. *Journal of Personality*, 72(2), 271-324.

Now compute 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

<u>NOW</u>			<u>BEFORE</u>		
2R: _____	3R: _____	5R: _____	2R: _____	3R: _____	5R: _____
6R: _____	7R: _____	8R: _____	6R: _____	7R: _____	8R: _____
10R: _____	11R: _____	12R: _____	10R: _____	11R: _____	12R: _____

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

<u>NOW</u>	<u>BEFORE</u>
Total Self-Control Score: _____	Total Self-Control Score: _____

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

<u>NOW</u>	<u>BEFORE</u>
Inhibitory Self-Control Score: _____	Inhibitory Self-Control Score: _____
Initiatory Self-Control Score: _____	Initiatory Self-Control Score: _____