

Date: _____

Self-Reflection Activity: Inhibitory Self-Control

Self-control is the capacity to override, change, or interrupt one's inner responses and behavioral tendencies. *Inhibitory self-control* refers to one's capacity to inhibit immediate impulses, especially ones that are maladaptive or contrary to goal-pursuit or core values.

Think about your experiences **in the past 7 days**. Was it easy for you to inhibit immediate impulses in favor of long-term goal pursuit or maintaining your values? On a **scale from 1-10** (1 = strongly disagree, 10 = strongly agree), rate how much you agree with each of the following statements to identify your current thoughts, feelings, and behaviors related to *inhibitory self-control*.

Rating

- _____ 1. I was good at resisting temptation last week.
- _____ 2. I had an easy time breaking bad habits last week.
- _____ 3. Last week, I did not do things that are bad for me, even if they could have been fun.
- _____ 4. I refused to do things that are bad for me last week.
- _____ 5. Last week, I could stop myself from doing something that I knew was wrong.
- _____ 6. Last week, pleasure and fun did not keep me from getting work done.

Digging Deeper

Based on your ratings above, how satisfied are you with the way you exhibit inhibitory self-control? Explain your reasoning.

How do you typically express inhibitory self-control in day-to-day life?

Consider a past or current role model/mentor. What is admirable about the way they express inhibitory self-control?

When you struggle, how might inhibitory self-control help you persist?

What are one or two small steps you might take to further develop inhibitory self-control?

The Extra Mile

If you feel up to the challenge, we invite you to tackle one of the following growth activities. These may take more time or push you out of your comfort zone, but meaningful engagement is a worthy investment. Good luck!

1. In a journal or on a separate piece of paper, write about a time this week when you *did not* demonstrate inhibitory self-control. What were some outcomes? Would you do anything differently next time?
2. Think of one of your current goals and write down some things you should avoid in order to achieve that goal. Forming implementation intentions is a way to promote inhibitory self-control. For each of the things you listed, write a sentence with the following formula and commit:

“If I have an opportunity to [do something contrary to my goals/identity], then I will [do something adaptive] instead.”