

Let's Talk:

Self-Control

Self-Control

Can you control yourself?

Self-Control

What does it mean to have self-control?

Self-Control

When is it hard for you to control yourself?

Self-Control

Who in your life has really good self-control?
How can you tell?

Self-Control

What are some things you can do when you feel you're about to lose control?

Self-Control

How does self-control help people act more kindly?

Self-Control

Can you think of situations where having self-control and good manners go together?

Self-Control

There is a study that says children with self-control will do better in life. Why do you think that happens?

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What do you think the difference is between self-control and self-discipline?

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When is the last time you lost your self-control?

Self-Control

Why do you think it is so hard to have self-control?

Self-Control

If I offered you one _____ that you could have right now, but I said you could have two _____ if you waited ____ (15 minutes, 15 days, 15 weeks, etc.), do you think you could wait?