

Self-control

Self-control is the ability to control your emotions and behaviors when you get angry.

Sometimes we lose self-control when someone makes us mad. Can you name a time when you lost self-control?

When we lose self-control we sometimes do things we may not be proud of. Here is a list of things that people do when they lose control. Check each behavior you might have experienced when you have lost off control.

- | | | |
|---------------------------------------|--|--|
| <input type="checkbox"/> scream | <input type="checkbox"/> call names | <input type="checkbox"/> throw things |
| <input type="checkbox"/> break things | <input type="checkbox"/> take off | <input type="checkbox"/> threaten others |
| <input type="checkbox"/> hit someone | <input type="checkbox"/> hurt yourself | <input type="checkbox"/> throw fits |

It is very important that you learn healthy ways to handle anger or stress. Losing self control can get you into a lot of trouble with your parents, your teacher and even with the law. When you're feeling yourself losing control, try doing these behaviors instead.



Take a deep breath



Pray



Walk away



Talk it out
maturely

If you feel yourself starting to get angry, try one of these activities to help calm yourself down. Write the name of each activity on the line provided.







What other things can you do to help keep yourself from losing control?

Take control of yourself!

A big part of growing up is learning how to control your emotions in a mature, healthy way. Learning self control can take a lot of time, hard work and practice. The good news is you are not alone! God is with you and wants to help you work through this. When you start showing others that you have self control, people will see how responsible and mature you have become. You will earn respect from your parents, teachers and your peers.