



Self Control

Self Awareness is knowing your internal states, preferences, resources and intuitions. When you are self aware, you are able to make better decisions, interact with others, and be more productive.

Self Control is one aspect of self awareness.

Self Control = keeping disruptive emotions and impulses in check.

Components of Self Control:

- Manage impulsive feelings and distressing emotions
- Stay composed, positive, and unflappable even in trying moments
- Thinking clearly and staying focused under pressure

How would you rate yourself?



To build this skill:

Begin to notice how you react to pressure or in trying situations. Apply one of the tools below to help you improve in this area:

Give it perspective

Think about your situation in terms of who will die as a result. This really gives you perspective to realize that although you are currently feeling stressed, it isn't – literally – the end of the world.

Recognize your personal filters

Something that may be devastating to you might be a great opportunity to someone else. Every situation can have multiple, legitimate responses. Your response may be legitimate for you, but remembering that it isn't the same for everyone can help you stay composed.