

Self Control Worksheets

1. What are my biggest triggers for losing self control? The following are some examples. Check off the ones you relate to and add more to the list:

- Stress
- Intense anger or frustration
- Anxiety or panic attacks
- Unexpected challenges or problems
- Dealing with difficult people or situations
- Lacking sleep or proper rest
- Alcohol or drugs
- Financial pressures or worries
- Physical pain or discomfort
- Dealing with traumatic experiences or flashbacks
- Feeling threatened or unsafe
- Being exposed to triggering stimuli (e.g. Noises, smells, images)
- Feeling overwhelmed by negative thoughts or emotions
- _____
- _____
- _____
- _____
- _____

2. How do I feel physically and emotionally when I lose self control? (e.g. racing heartbeat, sweating, and increased muscle tension, overwhelmed, angry, anxious, or stressed, etc.)

3. What are some healthy coping mechanisms I can use to regain self control in stressful situations? (e.g. taking a break, mindfulness, deep breathing, exercise, journaling, talking to someone safe, etc.)

4. What are some positive affirmations or mantras I can use to help me stay grounded and centered?

- "I am calm and centered in every situation."
- "I trust in myself and my abilities."
- "I am strong, capable, and resilient."
- "I am worthy of love and respect."
- "I let go of any negative thoughts or emotions and focus on the present moment."
- "I trust that everything happens for a reason and serves my highest good."
- "I am grounded in my body, mind, and soul."

5. What are some habits or behaviors that I need to let go of in order to have better self control?

6. How can I set clear boundaries for myself?

7. What are some ways I can prioritize self care to avoid feeling overwhelmed and burnt out?

- Practice mindfulness meditation or deep breathing exercises
- Go for a walk or engage in a physical activity that you enjoy
- Spend time in nature, such as hiking or gardening
- Connect with friends and family for social support
- Treat yourself to a relaxing bath or spa day
- Read a book or listen to music that uplifts your mood
- Engage in a creative activity, such as painting or writing
- Get enough sleep and prioritize rest
