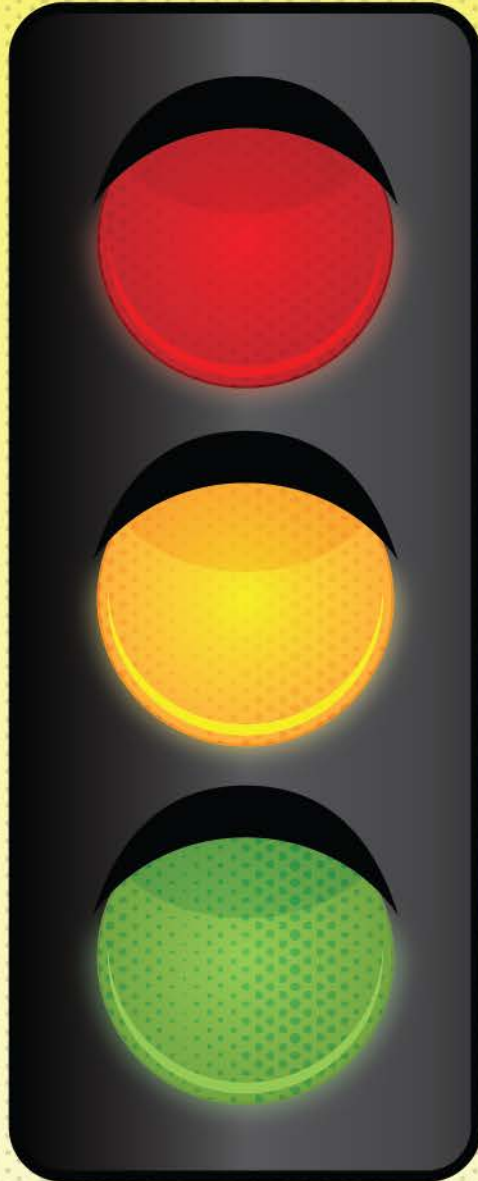
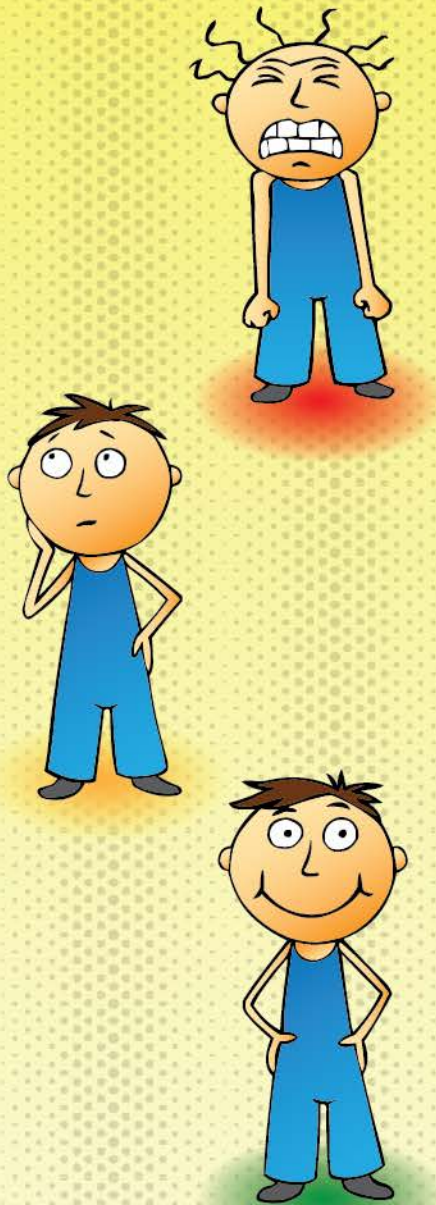


SELF-CONTROL



Stop

Think

Act

WORKBOOK

Table of Content

Self-Control Rating Scale Pre-Test.....	3
1a: ACTING TOO INDEPENDENTLY	4
1b: COOPERATING WITH OTHERS	5
2a: FAILING TO COMPLETE TASKS	6
2b: COMPLETING TASKS	7
3a: DOING THINGS OUT OF SEQUENCE	8
3b: DOING THINGS IN SEQUENCE.....	9
4a: IGNORING RULES	10
4b: FOLLOWING RULES	11
5a: ANSWERING QUESTIONS WITHOUT THINKING.....	12
5b: THINKING BEFORE ANSWERING QUESTIONS	13
6a: NEEDING IMMEDIATE SATISFACTION.....	14
6b: PUTTING OFF SATISFACTION.....	15
7a: BEING CARELESS.....	16
7b: BEING CBREFUL.....	17
8a: ACTING WITHOUT THINKING.....	18
8b: THINKING BEFORE ACTING	19
9a: BEING EASILY DISTRACTED	20
9b: AVOIDING DISTRACTIONS	21
10a: DAYDREAMING.....	22
10b: CONCENTRATING	23
11a: NOT LISTENING.....	24
11b: LISTENING	25
12a: NOT WORKING INDEPENDENTLY	26
12b: WORKING INDEPENDENTLY	27

13a: NOT FOLLOWING DIRECTIONS	28
13b: FOLLOWING DIRECTIONS	29
14a: FORGETTING TO DO THINGS	30
14b: DOING THINGS WITHOUT REMINDERS	31
15a: LOSING THINGS	32
15b: KEEPING TRACK OF POSSESSIONS	33
16a: GIVING UP TOO EASILY	34
16b: PERSISTING IN DIFFICULT TASKS	35
17a: FIDGETING	36
17b: NOT FIDGETING	37
18a: DISTURBING OTHERS	38
18b: NOT DISTURBING OTHERS	39
19a: NOT SITTING STILL	40
19b: SITTING STILL	41
20a: DOING DANGEROUS THINGS	42
20b: BEHAVING SAFELY	43
21a: NOT CALMING DOWN	44
21b: CALMING DOWN	45
22a: BEING DESTRUCTIVE	46
22b: TAKING CARE OF THINGS	47
23a: INTERRUPTING OTHERS	48
23b: NOT INTERRUPTING OTHERS	49
24a: NOT WORKING AND PLAYING QUIETLY	50
24b: WORKING AND PLAYING QUIETLY	51
Self-Control Rating Scale Post-Test.....	52

Self-Control Rating Scale Pre-Test

Circle your Answer

I keep room/desk clean and neat without being reminded	No	Yes	Sometimes
I respond appropriately when pushed or hit by others	No	Yes	Sometimes
I control temper when arguing with other children	No	Yes	Sometimes
I finish tasks within a reasonable amount of time	No	Yes	Sometimes
I receive criticism well	No	Yes	Sometimes
I end disagreements calmly	No	Yes	Sometimes
I control my temper in conflict situations	No	Yes	Sometimes
I attend to speakers at meetings	No	Yes	Sometimes
I control temper in conflict situations with adults	No	Yes	Sometimes
I respond appropriately to teasing by peers	No	Yes	Sometimes
I follow directions	No	Yes	Sometimes
I attend to instructions	No	Yes	Sometimes
I ignore peer distraction when doing class work	No	Yes	Sometimes

1a: ACTING TOO INDEPENDENTLY

Instructing Yourself

Sally knows she doesn't cooperate with her classmates very well, and this often leads to conflicts when they have to work in small groups. As she and two of her classmates start to organize a class presentation, Sally says to herself, "I'm sure I'll be able to do it right this time."

How can Sally instruct herself effectively?

Crediting Yourself

Gail takes extra care to be cooperative as she and her classmate work on an art project together. After each step, she consults with her partner about what they should do next. But when the project turns out to be a success, Gail thinks, "I just got lucky that it worked out this time."

How can Gail credit herself accurately?

Criticizing Yourself

Herb rushes ahead on his part of a project without checking with his group about what needs to be done next. When the project turns out badly, Herb thinks, "I'll never do anything right."

How can Herb criticize himself constructively?

APPLICATIONS

Describe a situation in which you acted too independently.

What self-talk did you use?

What self-talk would have been better?

1b: COOPERATING WITH OTHERS

Instructing Yourself

Jack's science partner has been complaining that Jack doesn't cooperate on their projects, so Jack decides to try to change. He knows it won't be easy because he usually rushes ahead of his partner, but he tells himself, "Stop and talk to your partner after each step." Jack remembers to do this most of the time, and he and his partner finish their project successfully.

How else can Jack instruct himself effectively?

Crediting Yourself

Larry manages to cooperate with a classmate during a role play in front of the class. His cooperation isn't perfect, but he makes a sincere effort that really improves the performance. "I tried harder this time and it went pretty well because I waited for my cue," Larry says to himself. "And that wasn't just luck."

How else can Larry credit himself accurately?

Complimenting Yourself

Mary is able to cooperate with a classmate on a science project. "Good for me," she says to herself. "I checked with her about what we needed to do next rather than just rushing through it on my own."

How else can Mary compliment herself realistically?

APPLICATIONS

Describe a situation in which you were able to cooperate with others.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

2a: FAILING TO COMPLETE TASKS

Instructing Yourself

Brent has a tight deadline for the school newspaper, but he decides to play football with his friends instead of working on his article. "I'll never get it finished anyway," Brent says to himself. "It's just like everything else I try to do."

How can Brent instruct himself effectively?

Crediting Yourself

Nancy decides to enter an art contest at school. She had been nervous because she never seems to be able to finish anything on time, but she manages to submit her entry before the deadline. "If Mom hadn't helped me," Nancy thinks, "I never would have finished this."

How can Nancy credit herself accurately?

Criticizing Yourself

Some of Elizabeth's friends are putting on a puppet show. Elizabeth was supposed to make one of the costumes, but she didn't finish it. When her friends exclude her from the show, Elizabeth thinks, "They just don't like me, and were looking for a reason to kick me out of the group."

How can Elizabeth criticize herself constructively?

APPLICATIONS

Describe a situation in which you failed to finish something.

What self-talk did you use?

What self-talk would have been better?

2b: COMPLETING TASKS

Instructing Yourself

Lisa never seems to complete the projects she begins, but she really wants to finish her latest assignment for art class. "If I just do a little bit each day," she tells herself, "then I'll have this done by the end of the week." Lisa follows her plan and earns a B on her assignment.

How else can Lisa instruct herself effectively?

Crediting Yourself

Bill often has trouble completing his homework, but he manages to finish an essay and turn it in on time. "I really tried hard to keep working on my essay until I finished," he says to himself, "and I did it!"

How else can Bill credit himself accurately?

Complimenting Yourself

Jason finishes a really difficult homework assignment. "I did a good job on this," he says to himself. "Working on it one step at a time really helped me get it done right."

How else can Jason compliment himself realistically?

APPLICATIONS

Describe a situation in which you were able to finish something.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

3a: DOING THINGS OUT OF SEQUENCE

Instructing Yourself

Whenever Lyn uses the computer, she skips important steps and ends up hitting the wrong keys. When the teacher warns her that she'll lose her turn if she freezes up the computer again, Lyn thinks, "Okay, I'll just do it perfectly next time."

How can Lyn instruct herself effectively?

Crediting Yourself

Chris has difficulty waiting in line, and he is often sent to the back when he tries to cut in front of other kids. But today he decides to stay in place and wait quietly. When he keeps his place in line, he thinks, "Gee, I didn't get sent to the back today, but I was just lucky. Tomorrow I'll probably get into trouble for cutting again."

How can Chris credit herself accurately?

Criticizing Yourself

It is David's turn to be the referee for the recess soccer game, but he insists on being the goalie. When the other kids tell him to take his turn refereeing or get out of the game, David thinks, "I'm terrible at this game anyway. They probably want me to quit."

How can David criticize himself constructively?

APPLICATIONS

Describe a situation in which you did something out of sequence.

What self-talk did you use?

What self-talk would have been better?

3b: DOING THINGS IN SEQUENCE

Instructing Yourself

Kyle is having problems in science class because he keeps jumping to the last step of the experiments. He decides to go slower this time, taking one step at a time. "This won't be easy," Kyle thinks, "especially since everyone expects me to mess up." But when Kyle takes his time, he manages to complete the experiment successfully.

How else can Kyle instruct himself effectively?

Crediting Yourself

Sheila skips around a lot when she's reading, so she never seems to be in the right place when the teacher calls on her to read aloud. But when she makes an effort, she is able to follow along with the story. "When I read the book page by page," Sheila says to herself, "the story makes a lot more sense and I'm not so flustered when the teacher calls on me to read aloud."

How else can Sheila credit herself accurately?

Complimenting Yourself

Margie finds chemistry difficult because she rarely follows the proper sequence for the experiments. But when she takes her time, she gets it right. "I did a good job," Margie says to herself. "I'm glad I took my time and asked my lab partner for advice."

How else can Margie compliment herself realistically?

APPLICATIONS

Describe a situation in which you were able to do something in sequence.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

4a: IGNORING RULES

Instructing Yourself

Robbie's classmates tell the substitute teacher that Robbie is a troublemaker. "I'll show them," Robbie thinks. "I'm going to get an award for being the best behaved today."

How can Robbie instruct himself effectively?

Crediting Yourself

Marcy follows all of the classroom rules for an indoor recess. But when her teacher compliments her good behavior, Marcy thinks, "She said that to all the kids. I'm just lucky that she saw me being quiet when she did."

How can Marcy credit herself accurately?

Criticizing Yourself

Francie talks in the hallway on the way to lunch, so her teacher sends her to the back of the line. "She just hates me!" Francie thinks.

How can Francie criticize herself constructively?

APPLICATIONS

Describe a situation in which you ignored a rule.

What self-talk did you use?

What self-talk would have been better?

4b: FOLLOWING RULES

Instructing Yourself

Tricia has been talking in class, which makes everyone angry because the whole class loses recess time for noisiness. Tricia decides to try to be quiet for five minutes at a time, thinking, "This will be hard because I always want to talk. I'll have to really concentrate." She tries this and is able to be quiet for four minutes.

How else can Tricia instruct herself effectively?

Crediting Yourself

Robbie makes a big effort to follow the rules for the substitute teacher. When she comments on his good behavior, Robbie says to himself, "I can really follow the rules if I work hard at remembering them."

How else can Robbie credit himself accurately?

Complimenting Yourself

Chris usually has to run laps in gym class because he doesn't follow the rules, so he decides to write the rules in his notebook and read them over and over until he can follow them. When he succeeds during a gym class, he thinks, "I did it! I thought about the rules and followed them. Way to go!"

How else can Chris compliment himself realistically?

APPLICATIONS

Describe a situation in which you followed the rules.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

5a: ANSWERING QUESTIONS WITHOUT THINKING

Instructing Yourself

Kelly used to call out answers in class even when she wasn't sure if they were correct, but lately she has been making an effort to come up with the correct answer before raising her hand. This has really improved her class participation. But when she makes a mistake and offers an incorrect answer, she says to herself, "It's easier to just say the first thing that comes to my mind. I'll never get it right anyway."

How can Kelly instruct herself effectively?

Crediting Yourself

Chuck has been trying not to yell out answers in class. When he manages to get through two classes in a row without answering inappropriately. Chuck says to himself, "I'm just on a lucky streak. I'll probably be talking without thinking again next week, and I'll get into trouble like before."

How can Chuck credit himself accurately?

Criticizing Yourself

Alex often replies to the math teacher's questions without thinking about the problems. When everyone laughs at him, Alex thinks, "I'm so stupid. I can never get the right answers."

How can Alex criticize himself constructively?

APPLICATIONS

Describe a situation in which you answered a question without first thinking about your answer.

What self-talk did you use?

What self-talk would have been better?

5b: THINKING BEFORE ANSWERING QUESTIONS

Instructing Yourself

Jackson is sure he has an answer for everything, so whenever his teacher asks a question he just yells out the answer. But now he thinks, "I feel so foolish when I yell out the wrong answer. I need to start taking more time to think before I answer the teacher's questions." In his next class Jackson only calls out one wrong answer.

How else can Jackson instruct himself effectively?

Crediting Yourself

Tom knows that he will be in big trouble with his teacher if he yells out an answer without thinking one more time. So he tries really hard to raise his hand and answer only when the teacher calls on him. When his teacher seems pleased, Tom says to himself, "I did it. Not just because I was lucky, but because I really thought about my answer."

How else can Tom credit himself accurately?

Complimenting Yourself

Julia always blurted out the answers to questions in class without thinking what the answer could be and she usually ended up saying the wrong thing. During history class, she tried to wait until she thought she had the right answer. She thought to herself, "I'm getting a lot more answers right now that I'm thinking first. I found a good solution."

How else can Julia compliment herself realistically?

APPLICATIONS

Describe a situation in which you thought about your answer before you answered a question.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

6a: NEEDING IMMEDIATE SATISFACTION

Instructing Yourself

It is Michael's birthday and he has brought cookies to school. He is so excited about passing them out that he keeps checking his bag to make sure the cookies are still there. When the teacher tells him to stay in his seat, Michael thinks, "The teacher shouldn't make me wait on my birthday! I always have trouble with that anyway."

How can Michael instruct himself effectively?

Crediting Yourself

Chris has difficulty waiting in line, and he is often sent to the back when he tries to cut in front of other kids. But today he decides to stay in place and wait quietly. When he keeps his place in line, he thinks, "Gee, I didn't get sent to the back today, but I was just lucky. Tomorrow I'll probably get into trouble for cutting again."

How can Chris credit himself accurately?

Criticizing Yourself

Nikki starts crying when her teacher doesn't immediately give her the sticker she earned for a month of perfect attendance. Nikki doesn't think she should have to wait, saying to herself, "She'll probably never give me my sticker. She probably lied about the stickers in order to get us to come to school."

How can Nikki criticize herself constructively?

APPLICATIONS

Describe a situation in which you couldn't wait to get something you wanted.

What self-talk did you use?

What self-talk would have been better?

6b: PUTTING OFF SATISFACTION

Instructing Yourself

Sometimes Tammy's teacher passes out stickers at the end of the day. Tammy gets so excited about this that she bothers her teacher until the teacher decides that Tammy can't have any stickers at all. Tammy thinks, "I'll never get any stickers if I don't stop bugging my teacher. It might be better if I can just concentrate on something else." She manages to get through a whole day without pestering her teacher—and she especially enjoys the stickers she receives at the end of the day.

How else can Tammy instruct herself effectively?

Crediting Yourself

Tracy's teacher promised Tracy some candy for cleaning up the classroom after school. But by the time Tracy finishes cleaning, her teacher is busy talking to another teacher. Tracy sits down and waits quietly, and her teacher compliments her patience. "I can wait quietly when I try," Tracy thinks. "It isn't always easy, but I can do it."

How else can Tracy credit herself accurately?

Complimenting Yourself

Bob usually pesters his teacher about when he can have a turn on the computer, even though he knows this really makes his teacher angry. Today Bob decides to try to be quiet while he waits for his turn. When the teacher praises him for waiting, Bob says to himself, "It wasn't easy, but I did a good job waiting this time."

How else can Bob compliment himself realistically?

APPLICATIONS

Describe a situation in which you were able to put off getting something you wanted.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

7a: BEING CARELESS

Instructing Yourself

Sherry must finish her reading worksheets before she is allowed to go out for recess, so she skims them quickly, guesses at the answers, and runs out to play. The teacher calls Sherry back in, however, because Sherry misread the directions and answered every question incorrectly. "Oh, I can easily fix this," Sherry says to herself. "No problem. And then I can run back out for recess."

How can Sherry instruct herself effectively?

Crediting Yourself

Alan is trying to stop spilling milk in the cafeteria, so he concentrates and keeps his hands off the table. When nothing spills, Alan says to himself, "I was just lucky today. Tomorrow I'll probably spill everyone's milk."

How can Alan credit himself accurately?

Criticizing Yourself

Robbie always seems to spill his drink during lunch. After he knocks over his milk carton for the third time in one week, the custodian makes Robbie wipe the table himself. "I'm so clumsy," Robbie thinks. "I can't even get through a meal without spilling something."

How can Robbie criticize himself constructively?

APPLICATIONS

Describe a situation in which you were careless.

What self-talk did you use?

What self-talk would have been better?

7b: BEING CBREFUL

Instructing Yourself

Zach is rushing through his math homework as usual when he decides to slow down. He discovers that he is on the wrong page. "Way to go!" he says to himself. "When I take my time, I catch careless mistakes. I'm getting better about being careful with my homework."

How else can Zach instruct himself effectively?

Crediting Yourself

John is usually the first student finished with classroom work, but he is careless as he races through it. Today, however, John takes his time, working slowly and making fewer mistakes. He says to himself, "When I slow down, I can really do a good job."

How else can John credit himself accurately?

Complimenting Yourself

Katie has to retake a spelling test because she made too many careless mistakes. She decides to slow down and think through each word. When she earns a much better grade on the test, she says to herself, "I'm a really good speller when I'm careful. Good for me!"

How else can Katie compliment herself realistically?

APPLICATIONS

Describe a situation in which you were careful.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

8a: ACTING WITHOUT THINKING

Instructing Yourself

It is the ninth inning of the gym class baseball game, and Tom is on second base. When he sees the batter hit the ball, Tom immediately runs to third base without considering whether the hit is a fly ball. The outfielder catches the ball, and Tom is out along with the batter. "I knew I should have waited to see what was happening," Tom thinks. "I never make good decisions. After today, no one will want me on their team."

How can Tom instruct himself effectively?

Crediting Yourself

Janie and her friends are playing basketball, and the ball bounces out to the street. At first Janie starts to run after it, but then she stops herself and waits for a car to pass. Janie's mom compliments Janie for her good judgment, but Janie says to herself, "I probably would have run into the street if I wasn't so tired."

How can Janie credit herself accurately?

Criticizing Yourself

Tina sees her friend across the street and starts to run over to her. When a car nearly hits Tina, she thinks, "Gee, that was really dumb. No one else is as stupid as I am."

How can Tina criticize herself constructively?

APPLICATIONS

Describe a situation in which you acted without thinking.

What self-talk did you use?

What self-talk would have been better?

8b: THINKING BEFORE ACTING

Instructing Yourself

The school bus is coming, and Jenny starts to run to meet it. But when she notices that her shoes are wet and the grass is slippery, she slows down. "I shouldn't run when it's slippery like this," Jenny thinks. "I might slide right in front of the bus!"

How else can Jenny instruct herself effectively?

Crediting Yourself

Without asking her mother, Michelle invites a group of kids to her house. When she realizes what she has done, she thinks, "I have to think about these kinds of plans first and ask Mom for permission. Even if Mom says no, she'll be happy that I thought to ask first."

How else can Michelle credit herself accurately?

Complimenting Yourself

George usually acts before he thinks about the consequences of his actions. But he has had so many detentions this month that he decides to start thinking before he acts. When he finds that he is getting into far less trouble than before, he says to himself, "Way to go! I figured out how to stay out of trouble."

How else can George compliment himself realistically?

APPLICATIONS

Describe a situation in which you thought about what you were doing before you acted.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

9a: BEING EASILY DISTRACTED

Instructing Yourself

Brandon often finds himself distracted by other students during class. When the teacher tells him that he must start concentrating on his work, Brandon thinks, "She's right. I'll have no problem at all if I just pay more attention to my work."

How can Brandon instruct himself effectively?

Crediting Yourself

Jamie finishes her make-up quiz within the set time limit. The teacher compliments Jamie on not paying attention to all the distractions in the classroom, but Jamie thinks, "I only finished because everyone else was working on their class projects."

How can Jamie credit herself accurately?

Criticizing Yourself

Justin always likes to know what's going on in class, so he looks up whenever anyone says something—even if it has nothing to do with him. When he is kept inside during recess for not finishing his work, Justin thinks, "It's impossible to work with all these distractions. I'll never be able to concentrate."

How can Justin criticize himself constructively?

APPLICATIONS

Describe a situation in which you were easily distracted.

What self-talk did you use?

What self-talk would have been better?

9b: AVOIDING DISTRACTIONS

Instructing Yourself

The boy who sits next to him during math class usually distracts Jason. "I'm doing so poorly in math because I can't focus on my work," Jason says to himself. "I need to force myself to ignore that kid." Jason tries this and is able to complete most of the math problems in class.

How else can Jason instruct himself effectively?

Crediting Yourself

Danielle rarely finishes her classwork because she is more interested in what other students are doing. But she's tired of having to take so much work home, so she decides not to look up from her classwork when other students are talking. When she completes her work, she thinks, "Wow! I followed one simple rule and was able to get everything finished during class."

How else can Danielle credit herself accurately?

Complimenting Yourself

The student who sits behind Ben has been talking nonstop, but Ben ignores him. When the teacher comments on how well Ben is working, Ben says to himself, "I am pretty good at concentrating on my own work, even when others are trying to distract me."

How else can Ben compliment himself realistically?

APPLICATIONS

Describe a situation in which you were able to avoid a distraction.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

10a: DAYDREAMING

Instructing Yourself

Sean stares out the window and dreams about being a great soccer player so much that he rarely knows what is going on in the classroom. When his classmates laugh at him and call him a "space cadet," Sean thinks, "How can I pay attention to class when all I can think about is soccer? It's impossible."

How can Sean instruct himself effectively?

Crediting Yourself

Kyle has been trying to break his habit of daydreaming about after-school plans. Because he pays attention, he understands his teacher's explanation of the science homework. "I just lucked out," Kyle says to himself, "because this is such a simple assignment. I'm sure everyone else understood it. This has nothing to do with paying attention."

How can Kyle credit himself accurately?

Criticizing Yourself

Susan always begins her math assignments with real concentration but ends up staring out the window and daydreaming. When she doesn't finish her assignment, she thinks, "This is terrible. I can't even keep myself from staring out the window."

How can Susan criticize herself constructively?

APPLICATIONS

Describe a situation in which you daydreamed.

What self-talk did you use?

What self-talk would have been better?

10b: CONCENTRATING

Instructing Yourself

Susie usually doodles during class, often drawing pictures of herself as a prima ballerina. When she learns that she might get a "D" in English, however, she decides to force herself not to daydream anymore. "This is going to be difficult," Susie thinks, "but I have to stop drawing and start taking notes during class."

How else can Susie instruct herself effectively?

Crediting Yourself

Jason plays goalie on the school hockey team. He likes the game but often daydreams and looks up into the stands when the other players are at the other end of the ice rink. Lately his mind has been wandering so much that he is failing to block goals, so he decides to watch the puck throughout the entire game. When he blocks a shot, he says to himself, "I'm a pretty good goalie when I pay attention to the game!"

How else can Jason credit himself accurately?

Complimenting Yourself

Dustin's chemistry grades really dropped when he was daydreaming in class. But ever since he started taking notes, his grades have been improving. "I'd rather daydream than do chemistry," Dustin thinks, "but it's worth it because I'm pulling up my grades."

How else can Dustin compliment himself realistically?

APPLICATIONS

Describe a situation in which you concentrated well.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

11a: NOT LISTENING

Instructing Yourself

Tracy often continues to watch television when her mother is trying to talk to her. When Tracy's mom becomes angry about this, Tracy thinks, "I don't know why Mom thinks I'm not listening. I'll just have to start looking at her when she talks; that should satisfy her."

How can Tracy instruct herself effectively?

Crediting Yourself

Susan knows she has a problem listening to her teacher, so she starts taking notes during class. She finds that she can follow along and pay attention when she does this. But Susan says to herself, "I'm listening better because the teacher is slowing down so I can take notes. I haven't really improved my ability to listen."

How can Susan credit herself accurately?

Criticizing Yourself

Colin put in a lot of time on his science project and thought he did a pretty good job. But he earns a poor grade because he didn't follow the teacher's directions. "I try and try," Colin says to himself, "but I'm just no good at science. I just don't get it."

How can Colin criticize himself constructively?

APPLICATIONS

Describe a situation in which you didn't listen.

What self-talk did you use?

What self-talk would have been better?

11b: LISTENING

Instructing Yourself

No matter what Zach's teacher says, Zach never seems to hear. But when he misses the class field trip because he didn't listen to the directions for getting his parents' permission to go, he decides to make an effort to start listening. "I should look at the teacher when she is talking," Zach says to himself. "That way I'll really hear what she is saying." Zach tries this and notices an improvement in his ability to listen to his teacher.

How else can Zach instruct himself effectively?

Crediting Yourself

Lisa misses out on a zoo outing with her scout troop because she hadn't paid attention to the troop leader's directions to the meeting place. Disappointed, Lisa thinks, "I missed out on a great outing because I didn't listen carefully enough. This is definitely something I'll make an effort to improve."

How else can Lisa credit herself accurately?

Complimenting Yourself

Sam is a pretty good football player, but the coach usually has to call the plays two or three times before Sam gets the message. When the coach threatens to take him out of the game because of this, Sam makes an effort to listen more carefully. After a game in which Sam heard most of the coach's instructions, Sam says to himself, "Repeating the coach's calls to myself really helped. It wasn't easy to remember to do that, but I got most of it and had a good game."

How else can Sam compliment himself realistically?

APPLICATIONS

Describe a situation in which you listened carefully.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

12a: NOT WORKING INDEPENDENTLY

Instructing Yourself

Alan's teacher assigns a big history project in which the students have to do their own research. "I can't even do my regular classwork alone," Alan thinks. "How will I ever do a big project like this without a little help from my friends? This isn't fair!"

How can Alan instruct himself effectively?

Crediting Yourself

Jack joins the drama club and volunteers to make some props for the next production. He works hard and everyone is happy with his contribution. "Boy, did I luck out on this one," Jack says to himself. "If they knew how bad I usually am about finishing projects on my own, they'd probably kick me out of the club."

How can Jack credit himself accurately?

Criticizing Yourself

Barbara prefers to study in groups, so she often gets detention for talking during study hall. "I just can't sit there and do all that work myself," she thinks. "It's too boring."

How can Barbara criticize herself constructively?

APPLICATIONS

Describe a situation in which you didn't work independently.

What self-talk did you use?

What self-talk would have been better?

12b: WORKING INDEPENDENTLY

Instructing Yourself

Tricia finds it difficult to work in class without consulting the kids who sit near her. But she knows this is a problem, thinking, "My classmates are becoming angry with me for bothering them so much. I have to learn to do these things on my own. Starting with the next ih-class project, I'll try to work on my own." Tricia tries this and only asks a classmate for help once.

How else can Tricia instruct herself effectively?

Crediting Yourself

Chad has been in trouble so many times for bothering other kids when he is supposed to be working independently that his teacher calls his parents in for a special conference. He decides to practice working alone, thinking, "I'll ask the teacher to give me more independent work, and I'll make an effort to really do it on my own."

How else can Chad credit himself accurately?

Complimenting Yourself

Whenever Jane's class goes to the library to work on reports, Jane gets sent to the hall for trying to collaborate with other students. But she makes an effort to change and gets through an entire library period by working quietly. "I did it!" Jane says to herself. "I tried to work alone, and I did. Good for me."

How else can Jane compliment herself realistically?

APPLICATIONS

Describe a situation in which you worked independently.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

13a: NOT FOLLOWING DIRECTIONS

Instructing Yourself

When Jane learns that she flunked the science test because she didn't follow the directions, she starts to cry. "I'll never do well in science," Jane says to herself. "I just don't know how to read the directions the right way."

How can Jane instruct herself effectively?

Crediting Yourself

Tracy's teacher told Tracy to try to follow the directions for the upcoming test. Tracy was nervous because she sometimes forgets to look at the directions, but she makes an effort this time and is able to complete the test properly. "This was just an easy test," she thinks.

How can Tracy credit herself accurately?

Criticizing Yourself

Sean thought he had heard his teacher's instructions well enough, but when he begins the assignment he can't figure out what to do first. "I must be the only one here who is too dumb to figure this out," he says to himself. "Everyone else is working away, but I don't have the slightest idea of what to do."

How can Sean criticize himself constructively?

APPLICATIONS

Describe a situation in which you didn't follow directions.

What self-talk did you use?

What self-talk would have been better?

13b: FOLLOWING DIRECTIONS

Instructing Yourself

Steve usually rushes ahead with his work, so he often doesn't follow directions correctly. He just wants to do things his own way. But when he has to redo a big project because he didn't follow the directions, he decides to try to change. "If I write down the directions before I start a project," Steve says to himself, "maybe I won't make so many mistakes." Steve tries this and earns a good grade on his next project.

How else can Steve instruct himself effectively?

Crediting Yourself

When a substitute teacher shows up at school, Frank feels as if he has a fresh opportunity to show that he can follow directions. "The regular teacher thinks I'll never be able to follow directions," he says to himself. "But here's a chance to prove that I can follow directions when I try."

How else can Frank credit himself accurately?

Complimenting Yourself

Larry has trouble following directions, so he starts asking his teacher to explain when he doesn't understand them. He finds that he can follow directions pretty well when he understands them and thinks, "I'm doing a really good job at following directions now."

How else can Larry compliment himself realistically?

APPLICATIONS

Describe a situation in which you followed directions.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

14a: FORGETTING TO DO THINGS

Instructing Yourself

Billy's dad threatens to take away Billy's bike if Billy doesn't start doing his chores and homework without being reminded. "This is no big deal," Billy thinks. "I'll remember to do my chores and homework every day from now on."

How can Billy instruct himself effectively?

Crediting Yourself

Jason will be allowed to go to his friend's house this weekend if he does his chores every day this week without being reminded. He really wants to go, so he completes his chores as soon as he gets home from school. When his mother says he can go to his friend's house, Jason thinks, "I really lucked out this time. I don't know if I could have kept this up for another week."

How can Jason credit himself accurately?

Criticizing Yourself

Debbie has speech therapy every day at 10 a.m., but she always has to be reminded to go. She is often late, and her speech therapist is losing his patience. Debbie thinks, "How am I supposed to remember every detail of my schedule? After all, I can't do anything else right."

How can Debbie criticize herself constructively?

APPLICATIONS

Describe a situation in which you forgot to do something.

What self-talk did you use?

What self-talk would have been better?

14b: DOING THINGS WITHOUT REMINDERS

Instructing Yourself

The teacher usually has to remind Chad to turn in his homework. When she starts lowering his grade every time he forgets, Chad thinks, "I need to figure out a way to remember to turn in my homework, or my grades are really going to drop. Maybe it will help if I keep it on my desk." When he does this he is able to remember to turn in his homework most of the time.

How else can Chad instruct himself effectively?

Crediting Yourself

Lori often forgets to put her name on her papers, so her teacher makes her write it 100 times. Lori feels very angry at first, but then she thinks, "I ought to be responsible for putting my name on my paper; maybe writing it this many times will help me remember."

How else can Lori credit herself accurately?

Complimenting Yourself

Sherry is president of the chess club. She is a really good player but often forgets to take the boards to tournaments. Other club members are becoming angry with her for this, so Sherry decides to try to develop a new habit. She writes "remember chess boards!" in bright red next to all the tournament dates in her calendar. "I feel great about taking charge of this responsibility," she says to herself.

How else can Sherry compliment herself realistically?

APPLICATIONS

Describe a situation in which you remembered to do something without being reminded.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

15a: LOSING THINGS

Instructing Yourself

Nora often misplaces important school papers. When she can't find her permission slip to attend the ballet, she isn't allowed to enjoy the field trip with her class. "I just can't keep track of all my things," Nora thinks. "I always lose things, and there's nothing I can do about it."

How can Nora instruct herself effectively?

Crediting Yourself

Carrie often loses the papers that her teacher sends home for parents to sign. So when she remembers to take them home for a whole month, her teacher gives her a special certificate of congratulations. "Big deal," Carrie says to herself. "The only reason I didn't lose the papers is that my mom reminded me every day."

How can Carrie credit herself accurately?

Criticizing Yourself

Jake has lost his new glasses, and he knows he'll be in big trouble because he has already lost several pairs this year. He is worried about what his mother will say about this. "Nobody should ever trust me with anything valuable," Jake says to himself, "because I lose everything I get."

How can Jake criticize himself constructively?

APPLICATIONS

Describe a situation in which you lost something.

What self-talk did you use?

What self-talk would have been better?

15b: KEEPING TRACK OF POSSESSIONS

Instructing Yourself

Nikki frequently misplaces her glasses. She has had to get replacement glasses so many times that Nikki's mother threatens to use Nikki's allowance to pay for the next pair. "I have to start putting my glasses in my bag whenever I take them off," Nikki says to herself. "Otherwise I'll never have any spending money."

How else can Nikki instruct herself effectively?

Crediting Yourself

Jeremy's mom says she will not buy new game cartridges for Jeremy because he keeps losing the ones he already has. "I'll start keeping them in this shoebox," Jeremy thinks, "and I'll check to make sure they're all there whenever I take one out."

How else can Jeremy credit himself accurately?

Complimenting Yourself

Tom often loses his things, but he wants to change. So when soccer season begins, he decides to keep all of his equipment in one bag. When he realizes that he isn't losing many things anymore, he thinks, "Good for me; I found a great way to keep track of my things."

How else can Tom compliment himself realistically?

APPLICATIONS

Describe a situation in which you were able to keep track of your belongings.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

16a: GIVING UP TOO EASILY

Instructing Yourself

Tom's dad buys Tom a new model airplane kit, and he explains that Tom must finish the project before he can have another model. Tom knows his dad is tired of him never finishing things, but he isn't sure how to change. "I'm afraid to start this," he thinks. "I don't know if I can finish it. I never finish anything."

How can Tom instruct himself effectively?

Crediting Yourself

Peter is doing poorly in school because he rarely finishes his homework. He usually sits down to do it, but when a problem or question frustrates him he finds something else to do. When his teacher compliments him for completing his homework one day, Peter thinks, "I finished it because it was so easy."

How can Peter credit himself accurately?

Criticizing Yourself

Linda doesn't like her history class—especially the homework. She hates it so much that she just can't seem to sit and think about it for long. "I just can't work on something so frustrating!" she thinks. "I must be stupid."

How can Linda criticize herself constructively?

APPLICATIONS

Describe a situation in which you gave up too easily.

What self-talk did you use?

What self-talk would have been better?

16b: PERSISTING IN DIFFICULT TASKS

Instructing Yourself

Lisa finds it difficult to work on anything for very long. She usually starts talking, or even gets up and walks around. When her classmates start telling her how much this bothers them, Lisa decides to try to change. She talks to her teacher, who offers to give her a sticker for every 15 minutes of solid work. Lisa finds that she can do that most of the time. "Good for me," Lisa says to herself. "I found a fun way to work on my problem."

How else can Lisa instruct herself effectively?

Crediting Yourself

Jack loves to work on model airplanes. He has never finished one but resolves to change. When his dad lets him have a really cool model, Jack thinks, "If I do a little bit each day, I can have this finished by the holidays and give it to Dad as a present."

How else can Jack credit himself accurately?

Complimenting Yourself

When Lacey first started working on the computer, she became very frustrated with her mistakes and gave up. But now her classmates are all enjoying the computer, so she decides to ask a friend for help. When Lacey discovers that with practice it becomes progressively easier to work on computers, she begins to enjoy using them. "I really can keep on working without quitting," Lacey tells herself.

How else can Lacey compliment herself realistically?

APPLICATIONS

Describe a situation in which you persisted in a difficult task.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

17a: FIDGETING

Instructing Yourself

Jerry is in big trouble at home because he earned a checkmark on his report card for restlessness at his desk. "But I can't stop squirming just because I want to," Jerry thinks. "I don't know how. It isn't something I can change about myself."

How can Jerry instruct himself effectively?

Criticizing Yourself

Jimmy tries not to fidget during quiet reading time, but he just can't stop kicking the leg of his desk. When one of his friends makes fun of him for this, Jimmy thinks, "I just hate to sit still, and now everyone is laughing at me. They're always laughing at me."

How can Jimmy criticize himself constructively?

Knowing Others' Thinking

While waiting in line to go to recess, Jim hops up and down and taps his feet. One of his classmates thinks, "If Jim doesn't cut it out, the teacher is going to keep the whole class in for recess!"

What might another classmate think about Jim's behavior?

APPLICATIONS

Describe a situation in which you fidgeted.

What self-talk did you use?

What self-talk would have been better?

17b: NOT FIDGETING

Instructing Yourself

Christina often flips her pencil around during class, and now her classmates are complaining about having to sit next to her. "I know I need to stop fidgeting," Christina thinks. "Maybe it will help if I sit up front. I'll ask the teacher."

How else can Christina instruct herself effectively?

Complimenting Yourself

Brent is trying to stop fidgeting in chemistry class. Making a real effort during an experiment, he is able to slow down and remain focused long enough to come up with the correct result. "Good for me," Brent says to himself. "I can stop fidgeting when I really put my mind to it."

How else can Brent compliment himself realistically?

Knowing Others' Thinking

Larry has been trying not to fidget lately, and does pretty well as he plays a game with some classmates. One of the kids thinks, "Larry seems to be much more calm and relaxed than usual."

What might another classmate think about Larry's behavior?

APPLICATIONS

Describe a situation in which you refrained from fidgeting.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

18a: DISTURBING OTHERS

Instructing Yourself

Nancy knows that she bothers her classmates when she asks them too many questions about her work. She says to herself, "I can't do this without help, so I'll never be able to leave them alone. I guess I'm always going to get into trouble for bothering people."

How can Nancy instruct herself effectively?

Criticizing Yourself

Jody has been trying to avoid disturbing others. So instead of talking loudly like she usually does, she whispers to the students who sit near her. When she gets into trouble for that, she thinks, "No matter what I do, it's just not good enough. I can't get it right."

How can Jody criticize herself constructively?

Knowing Others' Thinking

Chuck finds it difficult to keep his hands to himself. He always seems to be reaching out and tapping or hitting someone. His classmates are pretty upset with him for disturbing them. One boy thinks, "He's going to really get it someday if he doesn't stop acting like that. Somebody's going to slug him."

What might another classmate think about Chuck's behavior?

APPLICATIONS

Describe a situation in which you disturbed others.

What self-talk did you use?

What self-talk would have been better?

18b: NOT DISTURBING OTHERS

Instructing Yourself

Barry has been making rude noises and disturbing the other students in class. After he is sent to the principal's office for this, he decides to try to change his behavior. "I've been making noises so often that now I don't even realize that I'm annoying people," Barry thinks. "I'll start keeping a log of every time I do it, then I can work on cutting it out." He tries this and finds that he is much more aware of the noises he makes.

How else can Barry instruct himself effectively?

Complimenting Yourself

Carla always seems to be wandering around the room, and this is often disturbing to the other students. But when she remains seated she thinks, "I can avoid disturbing others if I fight the urge to get up."

How else can Carla compliment herself realistically?

Knowing Others' Thinking

Sharon has been trying to avoid disturbing her classmates, so during math class she sits quietly and does her own work. The girl next to her thinks, "Gee, Sharon is doing great not bugging anybody today."

What might another classmate think about Sharon's behavior?

APPLICATIONS

Describe a situation in which you refrained from disturbing others.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

19a: NOT SITTING STILL

Instructing Yourself

George is always moving back and forth on his seat, which really annoys the students who sit near him. "It's not my fault that it's too hard to sit in these slippery seats," George says to himself. "I couldn't sit still if I tried."

How can George instruct himself effectively?

Criticizing Yourself

Roger's science teacher shows a film about the solar system during class. Roger enjoys the film, but he can't seem to sit still. When the other kids complain, the teacher sends Roger to the hall. "Everyone thinks I'm a nuisance," Roger thinks.

How can Roger criticize himself constructively?

Knowing Others' Thinking

Kathy goes on a class field trip to see a ballet. The ballet is very long, and Kathy can't stop wiggling around in her seat. "I wish Kathy would settle down," a classmate thinks. "I can't really enjoy the ballet with her squirming."

What might another classmate think about Kathy's behavior?

APPLICATIONS

Describe a situation in which you did not sit still.

What self-talk did you use?

What self-talk would have been better?

19b: SITTING STILL

Instructing Yourself

Connie is always getting into trouble with her teacher for jumping up and down in her seat. When she loses her recess for not staying at her desk, Connie thinks, "It won't be easy, but I have to find a way to sit still. Maybe I'll ask my best friend to remind me to sit still until I can remember on my own."

How else can Connie instruct herself effectively?

Complimenting Yourself

Rich and his classmates see a play in the auditorium. Rich tries really hard to sit quietly during the play, even though he normally moves around a lot. When the play ends, Rich thinks, "Gee, I did a great job sitting still through the play. It wasn't easy, but I did it."

How else can Rich compliment himself realistically?

Knowing Others' Thinking

Bart finds it difficult to stay in his seat during class, but now he is making an effort to settle down. One of his classmates thinks, "Gee, Bart is pretty quiet today. I don't think I've seen him get up once since school started today."

What might another classmate think about Bart's behavior?

APPLICATIONS

Describe a situation in which you were able to sit still.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

20a: DOING DANGEROUS THINGS

Instructing Yourself

Joey often roughhouses in the cafeteria. When he climbs onto the table and pretends to threaten his friends with a fork, the teacher sends him to the principal's office. "I know that was stupid and dangerous," Joey thinks. "But the other kids expect me to do crazy things like that, so I do."

How can Joey instruct himself effectively?

Criticizing Yourself

Becky knows she's not supposed to stand up at the top of the slide, but she does it anyway. When the teacher takes away her slide privileges, Becky thinks, "I'm always doing something wrong. No matter what, I get into trouble."

How can Becky criticize herself constructively?

Knowing Others' Thinking

Whenever the bus driver opens the bus windows to let in some fresh air, Tony hangs out of them while the bus is moving. One of the other kids on the bus thinks, "That's really dangerous. Tony is going to get hurt someday."

What might another classmate think about Tony's behavior?

APPLICATIONS

Describe a situation in which you did dangerous things.

What self-talk did you use?

What self-talk would have been better?

20b: BEHAVING SAFELY

Instructing Yourself

Kyle often does dangerous things such as running across busy streets and balancing on top of the jungle gym. But his parents won't let him have a new bike until he stops doing such dangerous stunts. "I don't know why I act so crazy," Kyle thinks, "but I'll have to stop. If I make a habit of asking myself 'Is this dangerous?' before I do anything, maybe I'll learn to be more careful."

How else can Kyle instruct himself effectively?

Complimenting Yourself

Shelly gets a ride home from school with a friend who drives a convertible. Shelly is tempted to act crazy and stand up on her seat but thinks, "I'm trying to stop doing dangerous, silly things. I've been handling myself well so far, and I don't want to blow it now."

How else can Shelly compliment herself realistically?

Knowing Others' Thinking

Sheila finds a pack of matches on the playground and decides to turn them in to the teacher. A classmate sees her and thinks, "Boy, has Sheila changed! I thought for sure she'd light those matches and start a fire."

What might another classmate think about Sheila's behavior?

APPLICATIONS

Describe a situation in which you behaved safely.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

21a: NOT CALMING DOWN

Instructing Yourself

Melissa finds it difficult to calm down after recess. Sometimes she even runs around the classroom. When the teacher tells her that she will be kept in for recess if she can't control herself, Melissa thinks, "Gee, it seems as if I'm just acting like everyone else. I come right in and sit down when I want to do it that way."

How can Melissa instruct herself effectively?

Criticizing Yourself

While playing field hockey in gym class, Matt gets hit in the face with a hockey stick. He knows he is okay, but he can't stop crying about how much it hurts. When the other kids seem perplexed, Matt thinks, "I'm such a baby when I get hurt. Other kids must be laughing at me."

How can Matt criticize himself constructively?

Knowing Others' Thinking

Every time the class has a field trip, Anne gets so excited that she laughs and acts up on the bus. A classmate thinks, "Anne had better settle down, or we might not be able to go on any more field trips."

What might another classmate think about Anne's behavior?

APPLICATIONS

Describe a situation in which you could not calm down.

What self-talk did you use?

What self-talk would have been better?

21b: CALMING DOWN

Instructing Yourself

Whenever Stephanie falls on the playground, she cries hysterically and can't calm herself. When kids start making fun of her for acting like a crybaby, Stephanie thinks, "I have to find a way to calm down. Maybe it will help if I take deep breaths."

How else can Stephanie instruct herself effectively?

Complimenting Yourself

When some older boys tease Rick about being short, Rick becomes so angry that he could punch someone. Instead, he forces himself to walk away and says to himself, "It wasn't easy, but I really stayed calm. Good for me!"

How else can Rick compliment himself realistically?

Knowing Others' Thinking

Zach falls on the playground and gets a nasty scrape on his knee. He sits down, trying not to cry as his teacher cleans it up. Another classmate thinks, "Zach really surprises me. Usually he can't stay calm for more than a minute, but he's handling this really well."

What might another classmate think about Zach's behavior?

APPLICATIONS

Describe a situation in which you were able to calm down.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

22a: BEING DESTRUCTIVE

Instructing Yourself

Eddie often gets into trouble for breaking his brothers' pencils and crayons. Whenever he sees them out, he breaks them into little pieces. When his father makes him use his allowance money to replace them, Eddie thinks, "I only break things when I'm bored. I could quit it if I wanted to."

How can Eddie instruct himself effectively?

Criticizing Yourself

After Vikki writes all over the desks in the classroom, the whole class has to stay in from recess to clean it up. Everyone is very angry with her. "They don't like me anyway," Vikki says to herself. "None of this makes a difference. I'll never fit in."

How can Vikki criticize herself constructively?

Knowing Others' Thinking

Whenever it rains and the class has to stay inside for recess, Joe spends the time breaking toys and writing on the games. A classmate thinks, "I wish Joe wouldn't ruin these things. This is all we have to play with on rainy days, and he's ruining it."

What might another classmate think about Joe's behavior?

APPLICATIONS

Describe a situation in which you were destructive.

What self-talk did you use?

What self-talk would have been better?

22b: TAKING CARE OF THINGS

Instructing Yourself

Matthew often breaks his new toys, especially when they are complicated. When his mother tells him that he can't have any more toys until he learns to take care of them, Matthew thinks,

"I know I shouldn't be destructive, but I get so frustrated when I can't figure out how a toy works. Maybe it will help if I can get Mom to explain them to me."

How else can Matthew instruct himself effectively?

Complimenting Yourself

Sometimes Abby's father teases Abby about being fat. Abby considers starving herself until her father realizes how mean he is, but then she thinks, "That would only hurt myself. I need to find another way to solve my problems with Dad."

How else can Abby compliment herself realistically?

Knowing Others' Thinking

Lisa always used to ruin her school supplies and write all over her books during the first week of school, but this year she seems to be keeping everything neat and clean. "Lisa is really taking care of her things this year," a classmate thinks.

What might another classmate think about Lisa's behavior?

APPLICATIONS

Describe a situation in which you were careful with someone else's things.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

23a: INTERRUPTING OTHERS

Instructing Yourself

Jean's mother sends Jean to her room after Jean interrupts her several times while she is talking on the telephone. "I just can't help it," Jean says to herself. "I don't know how to stop interrupting. What can I do about it? Nobody will tell me."

How can Jean instruct herself effectively?

Criticizing Yourself

Wanting to join the school newspaper, Corey goes to a meeting and offers his ideas for articles. When the other members ask him to stop interrupting them or get out, Corey feels really embarrassed. "I never know when it is appropriate to speak," he thinks. "I guess I'm just not cut out for journalism."

How can Corey criticize himself constructively?

Knowing Others' Thinking

Whenever the teacher gives directions, Nicole interrupts with a lot of questions and comments. A classmate thinks, "None of us will be able to understand what we're supposed to do if Nicole doesn't be quiet and let the teacher finish."

What might another classmate think about Nicole's behavior?

APPLICATIONS

Describe a situation in which you interrupted others.

What self-talk did you use?

What self-talk would have been better?

23b: NOT INTERRUPTING OTHERS

Instructing Yourself

Julie interrupts others so often that her teacher makes her write an essay about interrupting. "I didn't realize that I interrupt so much," Julie thinks. "To me it seems as if I have important things to say. Maybe it will be better if I think first about what I want to say, and then wait my turn to speak."

How else can Julie instruct herself effectively?

Complimenting Yourself

Jeremy has a habit of interrupting his teacher when she is busy with other students. He can't seem to wait his turn, and this often gets him into trouble. So his teacher is delighted when he waits quietly for her to finish helping a student. "I did great at not interrupting," Jeremy says to himself, "even though I hate waiting."

How else can Jeremy compliment himself realistically?

Knowing Others' Thinking

Billy has been making a real effort not to interrupt the teacher when she is teaching. A classmate notices this, thinking, "I can't believe Billy hasn't had about a million things to say today!"

He's doing pretty good at not interrupting."

What might another classmate think about Billy's behavior?

APPLICATIONS

Describe a situation in which you refrained from interrupting others.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

24a: NOT WORKING AND PLAYING QUIETLY

Instructing Yourself

Carol often screams when she doesn't get her way, even when she is just playing with her friends. When her neighbors send her home, Carol thinks, "I know I scream a lot, but I don't know how to get people to listen. I'll never have any friends."

How can Carol instruct herself effectively?

Criticizing Yourself

Tammy's teacher allows Tammy and her drama group to practice their play in the hall. Before Tammy realizes how loud she is speaking, several of the teachers from other rooms come out and ask her to be quiet. "I can't even do that right," Tammy thinks. "I'm such a loudmouth."

How can Tammy criticize herself constructively?

Knowing Others' Thinking

Eddie is pretty good at imitating animal sounds, but he does it all the time. A classmate thinks, "I wish he would be quiet for once instead of making all those weird noises. It is so distracting."

What might another classmate think about Eddie's behavior?

APPLICATIONS

Describe a situation in which you did not work or play quietly.

What self-talk did you use?

What self-talk would have been better?

24b: WORKING AND PLAYING QUIETLY

Instructing Yourself

Matthew is rarely invited to play at his classmates' houses because he is so noisy that his classmates' mothers don't like to have him around. When Matthew isn't invited to a birthday party, he thinks, "I need to change. Maybe it will help if I practice now, sitting quietly and reading. This will be difficult, so I'll really have to work at it."

How else can Matthew instruct himself effectively?

Complimenting Yourself

A lot of Amy's friends have stopped inviting her to come to their houses because Amy is so noisy that she gets them into trouble. But Amy wants to change, so when a new neighbor invites her over she tries to play very quietly. When she is asked back to play again, Amy thinks, "I can be quiet and play if I try. It's a good way to have friends."

How else can Amy compliment herself realistically?

Knowing Others' Thinking

Sarah often hums or sings while she works. This really disturbs her classmates and Sarah knows they are growing angry with her. When she stops making so much noise, another student thinks, "This is nice; Sarah is being pretty quiet today."

What might another classmate think about Sarah's behavior?

APPLICATIONS

Describe a situation in which you worked or played quietly.

Check each type of self-talk that you used, and write down what you said to yourself.

☐ **Instructing yourself:**

☐ **Crediting yourself:**

☐ **Complimenting yourself:**

Self-Control Rating Scale Post-Test

	Circle your Answer		
I keep room/desk clean and neat without being reminded	No	Yes	Sometimes
I respond appropriately when pushed or hit by others	No	Yes	Sometimes
I control temper when arguing with other children	No	Yes	Sometimes
I finish tasks within a reasonable amount of time	No	Yes	Sometimes
I receive criticism well	No	Yes	Sometimes
I end disagreements calmly	No	Yes	Sometimes
I control my temper in conflict situations	No	Yes	Sometimes
I attend to speakers at meetings	No	Yes	Sometimes
I control temper in conflict situations with adults	No	Yes	Sometimes
I respond appropriately to teasing by peers	No	Yes	Sometimes
I follow directions	No	Yes	Sometimes
I attend to instructions	No	Yes	Sometimes
I ignore peer distraction when doing class work	No	Yes	Sometimes