

SELF-CONTROL

Self-control refers to the ability to regulate and manage one's thoughts, emotions, and behaviors in order to achieve long-term goals and resist immediate temptations or impulses.

OVERVIEW

Self-control involves exercising restraint and discipline, often in the face of conflicting desires or external pressures. Self-control requires self-awareness and the capacity to delay gratification, making deliberate choices that align with one's values and priorities. It is a valuable trait for personal growth, success, and maintaining healthy relationships.

EXAMPLES

- Not yelling when angry
- Not responding to online trolls
- Following a strict diet plan
- Finishing tasks before playing games
- Keeping calm in traffic
- Taking regular study breaks
- Managing time effectively

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TD Snyder



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