

Self-Assessment: How Self-Controlled Am I?

Indicate whether you agree or disagree generally with the following statements. Don't second-guess. Just check your first instinct.

STATEMENT	AGREE	DISAGREE	POINTS
1. I have acted impulsively and later regretted it.			
2. I rarely "fly off the handle" emotionally.			
3. I have some compulsive habits.			
4. I can keep a secret.			
5. My emotions tend to rule over my thinking.			
6. I am a predictable person.			
7. I give in to temptation.			
8. I often "lose it" when I am tired or hungry.			
9. I don't binge eat or drink.			
10. I don't say hurtful things "in the moment."			
Total Points: _____			

Tally Your Score: Give yourself a point if you *agreed* with questions 2, 4, 6, 9, and 10 and a point if you *disagreed* with questions 1, 3, 5, 7, and 8, and add them up. The higher the number, the more self-controlled you seem to be. Here is a rule of thumb to interpret your score:

- 8 – 10 Excellent**
- 6 – 7 Good**
- 4 – 5 Okay**
- 0 – 3 Poor**

Keep in mind that this is a general index of your self-control tendencies, and it is intended for reflection and self-awareness. This scale is new, so there are no comparative scores with which to compare your own. Keep in mind that a score on this scale does not indicate your lifelong self-control but is a snapshot of it today.