



## Self Control

Self control means doing what is right, even when you don't feel like it.

1. In the picture above, do you think the man is exhibiting self control? Why or why not?

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2. What are some ways that you can exercise self control in your daily life?

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3. What do you think the world would be like if everyone did whatever they felt like doing, whenever they felt like doing it?

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4. Think of a time that you exhibited self control. What happened? What went through your mind to make you choose self control?

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