

TRUE CHARACTER



A Balanced Approach to
Character Development

Self-Control – Teens & Adults

Name: _____

Self-control means you “stop and think” before you act! We have to give ourselves a PEP talk. We Pause, then Evaluate, and, finally, Pick and Proceed. We are calm and make choices that are helpful. Below, think of a decision you have to make right now. Answer the questions to help you make a choice.

What is a decision you are facing right now? _____

Pause: What is 1 choice you can make to solve it?

Pause: What is another choice you can make to solve it?

Is it safe? YES NO How do you know?

Is it safe? YES NO How do you know?

Will it work? YES NO How do you know?

Will it work? YES NO How do you know?

Should I do it? YES NO

Should I do it? YES NO

Pick and proceed: Which choice will you choose? Why? _____
