

Self-Control

consequence	motivation	avoidance	difficult	screaming
behavior	counting	feelings	laughing	pateince
positive	reaction	relaxing	selftalk	breathe
control	impulse	teasing	waiting	action
flight	mature	skills	urgent	anger
fight	focus	goals	think	time
walk				

U	N	S	F	F	N	O	V	K	R	X	M	O	T	I	V	A	T	I	O	N	J	Q	K
C	O	N	N	E	E	H	T	A	E	R	B	J	C	H	X	U	J	B	Y	R	I	V	G
H	I	Z	W	T	E	V	Q	C	T	Y	S	O	C	X	O	L	G	R	H	C	O	G	X
N	T	R	I	H	K	L	S	R	V	I	N	D	N	O	Y	F	A	O	R	Q	Y	T	F
W	C	Y	J	P	U	D	I	N	X	S	S	X	M	G	N	H	L	U	B	I	V	J	A
X	A	R	F	K	O	I	S	N	E	U	R	G	E	N	T	T	T	V	G	C	W	X	G
J	W	Y	P	N	Q	M	X	Q	G	D	Y	N	W	C	C	J	R	L	Z	H	A	N	V
G	U	F	O	I	Q	W	U	X	G	S	C	O	M	R	X	N	A	O	P	C	I	H	I
O	M	W	N	H	A	E	K	O	M	O	P	I	T	H	I	M	Q	E	L	X	T	N	O
R	G	P	G	T	N	B	W	J	I	W	I	T	C	N	Q	P	O	N	A	S	I	G	G
Y	O	I	V	C	M	V	E	M	I	T	A	C	T	L	Z	S	R	L	U	G	N	B	H
V	O	R	E	K	L	D	D	H	L	P	Z	A	H	J	R	Q	E	C	A	N	G	G	G
K	S	F	P	H	U	P	Y	D	A	L	G	E	G	A	O	R	O	T	D	F	K	N	C
C	L	L	C	Z	F	T	I	U	E	V	C	R	P	N	V	F	N	F	U	L	R	I	O
P	R	S	L	I	F	I	L	K	X	K	I	W	X	V	I	O	R	B	W	I	A	M	U
Q	O	A	G	I	Z	U	M	U	L	Y	L	O	U	F	S	S	I	V	G	G	Y	A	N
Z	A	H	C	Y	K	D	X	J	C	A	W	A	R	E	M	C	A	D	F	H	B	E	T
P	T	G	O	Y	O	S	E	J	F	I	T	Q	W	X	T	K	K	E	A	T	D	R	I
R	E	V	I	T	I	S	O	P	I	N	F	F	E	V	A	A	G	G	T	N	J	C	N
T	V	I	K	I	D	H	Q	C	H	G	F	F	L	A	R	H	P	O	Y	C	C	S	G
N	X	M	D	B	P	A	T	E	I	N	C	E	I	E	P	G	Z	A	W	X	Y	E	X
S	E	K	T	G	D	L	T	L	N	Z	R	B	T	D	S	L	C	L	O	H	E	P	R
A	D	E	V	I	M	P	U	L	S	E	D	I	N	F	G	Q	H	S	D	G	G	L	C
M	A	T	U	R	E	O	V	J	A	N	G	E	R	B	J	A	G	J	U	Z	N	H	V