

SELF-CONTROL TRAINING

TYPES

- ⇒ **SELF-ASSESSMENT**
- ⇒ **SELF-INSTRUCTION**
- ⇒ **SELF-GUIDANCE**
- ⇒ **SELF-MODELING**
- ⇒ **SELF-MONITORING**
- ⇒ **SELF-CORRECTION**
- ⇒ **SELF-REINFORCEMENT**
- ⇒ **SELF-PUNISHMENT**