



# Steps for Creating a Self-Control Program



Sandra L. Friedrich

**M**ake a **commitment to follow through**. List benefits of adhering to the program, tell others about one's intentions, post written reminders of commitments around one's home, put time and energy into designing the program, and plan ways to deal with obstacles ahead of time.

↳ **I**dentify the **problem**. A precise definition of the target behavior. Keep detailed records about when, where, and how the behavior occurs for one to two weeks, and note the antecedents and consequences of the target and competing behaviors

↳ **S**et a **goal**. Decide in what way that behavior should be changed. The goal should be specific, measurable and realistic. It is better to set a small goal and progress to bigger goals than to set a big goal and become quickly discouraged.

↳ **A**pply **self-control strategies-also known as controlling behaviors**. Choice of strategies will depend on the target behavior.

↳ **S**elf-**monitoring**. Keep records to determine if the strategies are effective. Self-monitoring can be informal (for instance, by making notes on an index card) or formal (using pre-designed data sheets) but should not be too lengthy or complex.

↳ **M**ake **revisions as necessary**. Decide if changes in the plan are necessary. Help the individual chooses strategies that will work best for him or her. Self-control programs should always be flexible and adaptable.