

Types of Self-Control Strategies₁

Three broad categories

1 ENVIRONMENTAL STRATEGIES:
involve changing times, places, or situations where one experiences problematic behavior.



2 BEHAVIORAL STRATEGIES:
involve changing the antecedents or consequences of a behavior.



3 COGNITIVE STRATEGIES:
involve changing one's thoughts or beliefs about a particular behavior.



Types of Self-Control Strategies₂

ENVIRONMENTAL STRATEGIES

Examples include:

- ⇒ **changing the group of people with whom one socializes**
- ⇒ **avoiding situations or settings where an undesirable behavior is more likely to occur**
- ⇒ **changing the time of day for participating in a desirable behavior to a time when one will be more productive or successful**

Types of Self-Control Strategies₃

BEHAVIORAL STRATEGIES

Examples include:

- ⇒ increasing social support by asking others to work towards the same or a similar goal
- ⇒ placing visual cues or reminders about one's goal in one's daily environment
- ⇒ developing reinforcers (rewards) for engaging in desirable behaviors or punishers for engaging in undesirable behaviors
- ⇒ eliminating naturally occurring reinforcers for undesirable behavior
- ⇒ engaging in alternative, positive behaviors when one is inclined to engage in an undesirable behavior
- ⇒ creating ways to make a desirable behavior more enjoyable or convenient
- ⇒ scheduling a specific time to engage in a desirable behavior
- ⇒ writing a behavioral contract to hold oneself accountable for carrying out the self-control program

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COGNITIVE STRATEGIES

Examples include:

- ⇒ using self-instructions to cue oneself about what to do and how to do it
- ⇒ using self-praise to commend oneself for engaging in a desirable behavior
- ⇒ thinking about the benefits of reaching one's goal
- ⇒ imagining oneself successfully achieving a goal or using imagery to distract oneself from engaging in an undesirable behavior
- ⇒ substituting positive self-statements for unproductive, negative self-statements