



Steppingstone #27 Self-Control

Strongly disagree 0 1 2 3 4 5 6 7 8 9 10 Strongly agree

A. I generally honor my good intentions (e.g., New Year's resolutions)

B. I can resist temptation when I am tired

C. I do not get distracted by websites and social media when I am performing online tasks

D. I tend to avoid unhealthy lifestyle choices

E. I can resist temptation when my mood is low

F. I keep my consumption of non-prescribed drugs (e.g., alcohol, caffeine) at an acceptable level

G. I can resist temptation when I am stressed

H. I stick to rules that I set for myself

I. I can complete mundane tasks without getting distracted by tempting alternatives

J. I can resist temptation when I have had an argument with a loved one

Total