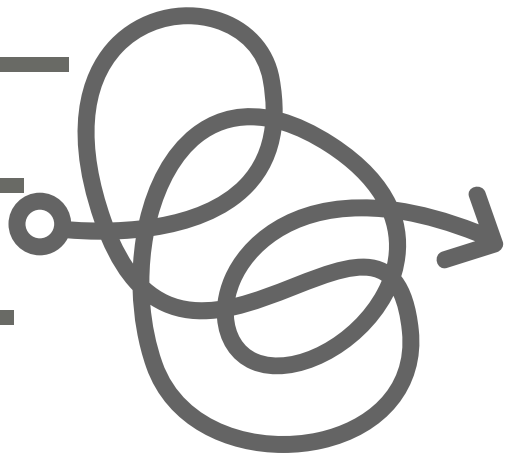
I CANNOT BUT I CAN CONTROL OTHERS MYSELF

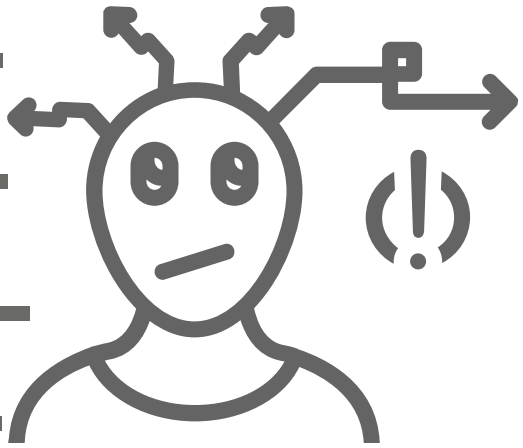
"Do not let what is out of your control, interfere with all of the things you can control."

I believe it's important to use self-control because...

If I don't use self-control, things can get out of control. Here are some examples of what can happen...



It is difficult for me to exercise self-control in situations like these...



When I find it difficult to show self-control I try these strategies...

When I use self-control, I feel...