



# TALK

## SELF-CONTROL

Family Conversation Starters

Can you control yourself?

What does it mean to have self-control?

What things or situations make it hard for you to control yourself?

Who do you know that has really good self-control? How can you tell?

What are some things you can do when you feel you're about to lose self-control?

How does self-control help people act more kindly?

Can you think of situations where having self-control and good manners go together?

There is a study that says children with self-control will do better in life, why do you think that happens?

If I offered you one \_\_\_\_\_ that you could have right now, but I told that you could have two \_\_\_\_\_ if you waited \_\_\_\_ (15 minutes, 15 days, 15 weeks, etc), do you think you could wait?

What do you think is the difference between self-control and self-discipline?

When is the last time you lost your self-control?

Why do you think it is so hard to have self-control?