

10-Item Self-Scoring Self-Control Scale

Instructions:

Read each of the following statements and tick the box that best describes you. Add up the numbers on the boxes you ticked to get a total, and then divide by 10 for your score. The maximum score on the scale is 5 (extremely self-controlled) and the lowest score on the scale is 1 (not at all self-controlled). Your score will give you an idea of your current tendencies to control and consciously choose your actions.

	Not at all like me	A little like me	Somewhat like me	Mostly like me	Very much like me
Others say I am very self-disciplined.	1	2	3	4	5
If I know something is not good for me, I choose not to do it.	1	2	3	4	5
I am good at resisting when I am feeling tempted.	1	2	3	4	5
I am good at staying focused on my long-term goals.	1	2	3	4	5
I do what I want even if it is bad.	1	2	3	4	5
It is difficult for me to rid myself of bad habits.	1	2	3	4	5
I wish I was better at resisting temptation.	1	2	3	4	5
I find it hard to focus on my responsibilities if I have the chance to do something fun.	1	2	3	4	5
Sometimes even when I know something is wrong, I can't resist doing it.	1	2	3	4	5
I tend to act before thinking through a decision.	1	2	3	4	5