

## Strengthening Your Self-Control Muscle

Identify areas where you need self-control strength to change your substance use:

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Identify two things you can do this week to strengthen your self-control muscle:

1. \_\_\_\_\_
2. \_\_\_\_\_

Identify daily activities and struggles where you are using your "self-control muscle" to manage or cope:

1. \_\_\_\_\_  
\_\_\_\_\_
2. \_\_\_\_\_  
\_\_\_\_\_