

Self-Control

Lesson Plan for Instructor

Materials:

Dry erase board or flip chart and appropriate markers
Paper for participants to write on and pens/pencils

Handout(s):

Control Yourself!!

Suggested Format for Discussion:

- Write "Control Yourself!!" on the board or flip chart.
- Ask participants to explain how difficulties with self-control may have contributed to their weight status.
- Ask for specific examples of adequate self-control in areas other than eating; for example, situations that elicit anger (traffic, being cheated, poor service, rude people, etc), situations requiring sustained hard work, shopping, etc.
- Query participants about exactly how they manage to control themselves in those situations - specific thoughts, actions, etc.
- Solicit suggestions on ways to enhance self-control regarding eating and/or wanting to avoid exercise, and write them on the board.
- Pass out the *MOVE!* handout entitled "Control Yourself!!"
- Discuss the handout.
- Ask participants to identify one technique they are willing to commit to doing to control themselves.

