What does it look like for you when you yourself lose self-control?

What are consequences of losing control?

Why should you show self-control?

What are three things someone could do to troubleshoot self-control problems?

What is your plan if you find yourself losing self-control?

Make a drawing of a situation, one where the person is *not* in self-control, and then the same situation but they *are* in self-control.