APPENDIX - F

SELF-CONTROL SCHEDULE

Indicate how characteristic or descriptive each of the following statements is of you by using the code given.

+ 3 very characteristic of me, extremely descriptive
+ 2 rather characteristic of me, quite descriptive
+ 1 somewhat characteristic of me, slightly descriptive
- 1 somewhat uncharacteristic of me, slightly undescriptive
- 2 rather uncharacteristic of me, quite undescriptive
- 3 very uncharacteristic of me, extremely undescriptive

Statement

1. When I do a boring job, I think about the less boring parts of the job and the reward that I will receive once I am finished.
2. When I have to do something that is anxiety arousing for me, I try to visualise how I will overcome my anxieties while doing it.
3. Often by changing my way of thinking I am able to change my feelings about almost everything.
4. I often find it difficult to overcome my feelings of nervousness and tension without any outside help.
5. When I am feeling depressed I try to think about pleasant events.
6. I cannot avoid thinking about mistakes I have made in the past.
7. When I am faced with a difficult problem, I try to approach its solution in a systematic way.
8. I usually do my duties quicker when somebody is pressing me.
9. When I am faced with a difficult decision, I prefer to postpone making a decision even if all the facts are at my disposal.
10. When I find that I have difficulties in concentrating on my reading, I look for ways to increase my concentration.
11. When I plan to work, I remove all the things that are not relevant to my work.
12. When I try to get rid of a bad habit, I first try to find out all the factors that maintain this habit.
13. When an unpleasant thought is bothering me, I try to think about something pleasant.
14. If I smoked two packets of cigarettes a day, I probably would need outside help to stop smoking.
15. When I am in a low mood, I try to act cheerful so my mood will change.
16. If I had the pills with me, I would take a tranquilliser whenever I felt tense and nervous.
17. When I am depressed I try to keep myself busy with things that I like.
18. I tend to postpone unpleasant duties even if I could perform them immediately.
19. I need outside help to get rid of some of my bad habits.
20. When I find it difficult to settle down and do a certain job, I look for ways to help me settle down.
21. Although it makes me feel bad, I cannot avoid thinking about all kinds of possible catastrophes in the future.
22. First of all I prefer to finish a job that I have to do and then start doing the things I really like.
23. When I feel pain in a certain part of my body, I try not to thing about it.
24. My self-esteem increases once I am able to overcome a bad habit.
25. In order to overcome bad beliefs that accompany failure, I often tell myself that it is not so catastrophic and that I can do something about it.
26. When I feel that I am too impulsive, I tell myself ‘Stop and think before you do anything’.
27. Even when I am terribly angry at somebody, I consider my actions very carefully.
28. Facing the need to make a decision, I usually find out all the possible alternatives instead of deciding quickly and spontaneously.
29. Usually I do first the things I really like to do even if there are more urgent things to do.
30. When I realise that I cannot help but be late for an important meeting, I tell myself to keep calm.
31. When I feel pain in my body, I try to divert my thoughts from it.
32. I usually plan my work when faced with a number of things to do.
33. When I am short of money, I decide to record all my expenses in order to plan more carefully for the future.
34. If I find it difficult to concentrate on a certain job, I divide the job into smaller segments.
35. Quite often I cannot overcome unpleasant thoughts that bother me.
36. Once I am hungry and unable to eat, I try to divert my thoughts away from my stomach or try to imagine that I am satisfied.