Brief Self-Control Scale

(Tangney, Baumeister, & Boone, 2004)

Using the scale provided, please indicate how much each of the following statements reflects how you typically are.

Not at All Very Much

1----------2----------3-----------4----------5

1. I am good at resisting temptation.
2. I have a hard time breaking bad habits. (R)
3. I am lazy. (R)
4. I say inappropriate things. (R)
5. I do certain things that are bad for me, if they are fun. (R)
6. I refuse things that are bad for me.
7. I wish I had more self-discipline. (R)
8. People would say that I have iron self- discipline.
9. Pleasure and fun sometimes keep me from getting work done. (R)
10. I have trouble concentrating.(R)
11. I am able to work effectively toward long-term goals.
12. Sometimes I can’t stop myself from doing something, even if I know it is wrong. (R)
13. I often act without thinking through all the alternatives. (R)

(R) = Reversed Items