

Self Regulation: Rating Scale

Self Regulation is being able to monitor and control behaviors in acceptable ways.



- 1.) Rate yourself on each of the self regulation skills listed.
- 2.) Circle the ones you feel you could improve upon.

Write a goal about how you could improve self regulation skills, be specific and indicate the strategies you could use in the box to the right.

- ① Agree ② Somewhat Agree ③ Disagree

_____ I never interrupt others.

_____ I have good impulse control

_____ I consider consequences prior to taking any action

_____ I behave appropriately

_____ Adapt to changing situations

_____ React to problems and conflict appropriately

_____ Use good coping strategies

_____ I have good calming strategies

_____ *Other*