

FROM
THE INSIDE OUT

LEARN TO GAIN CONTROL
OVER YOUR EMOTIONS,
DESIRES, IMPULSES, AND
ACTIONS BY COMPLETING
THE SELF-CONTROL
PROGRAM!

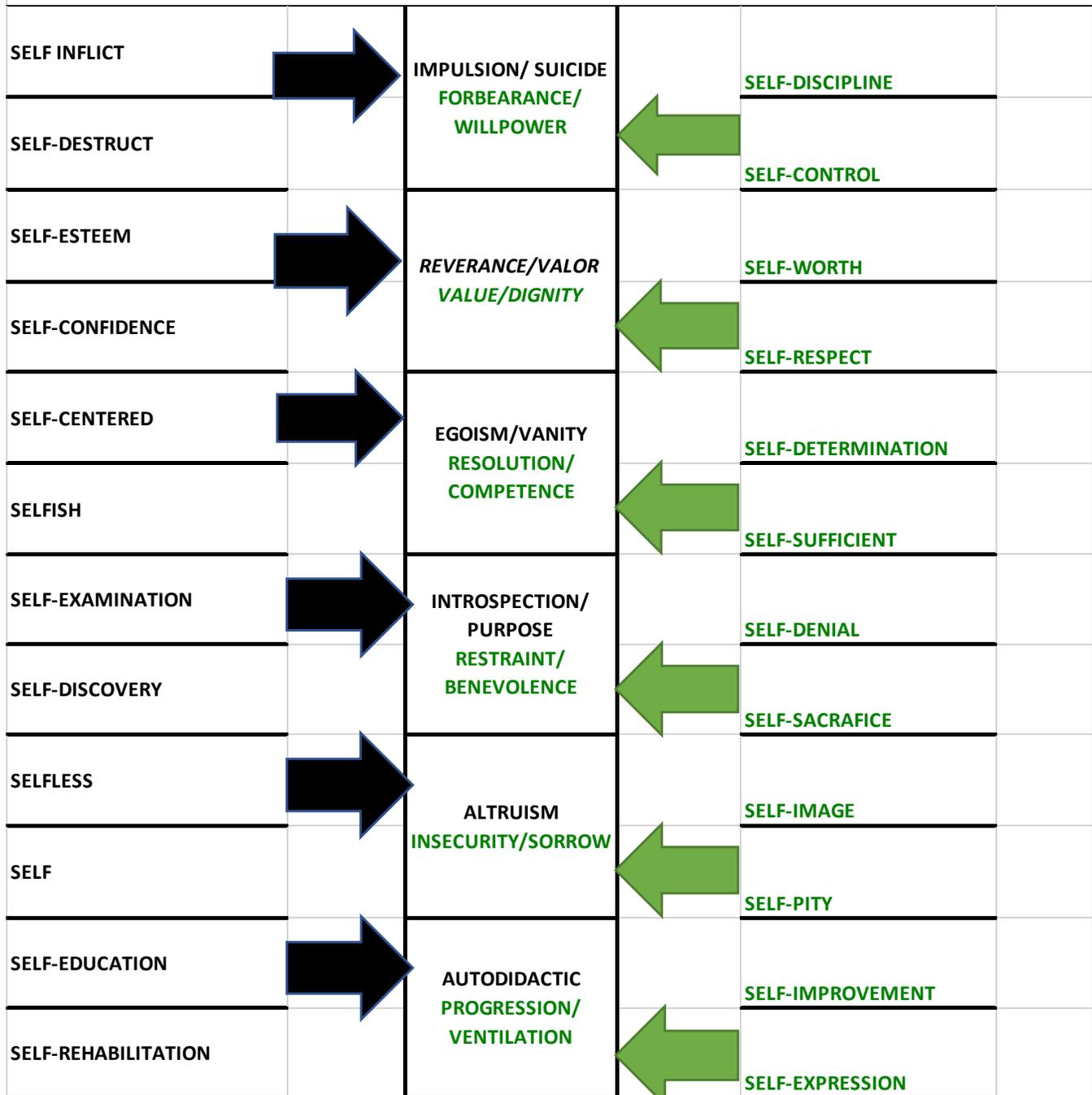
THE SELF-CONTROL PROGRAM



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PRISON FROM-THEINSIDE-OUT INC.
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SOCIAL VALUES

The Diagram below displays how each Sub-Title in this program is correlated to a different Sub-Title via the underlying moral code.



Purpose

The purpose of this self-help group is to reduce violence and recidivism through increased literacy, introspection, and restorative justice practices. The Self-Control Program is a Victim's Outreach course whose curriculum is divided into 24 assignments pertaining to subtitles of self-control. The program is equipped with reading assignments that analyzes the subtitle topics in every unit, along with writing exercises that requires a 150 word essay in response to the second question in every assignment. After the completion of each weekly assignment, the participants will fill out a Victim's Insight Inquiry, as well as a weekly survey. The Victim Insight Inquiry will be submitted to the sponsor after each weekly meeting, who will then forward the inquiry to Prison From-The-Inside-Out Inc. to contact the victim(s) or the victim's next of Kin. The victim(s) or the victim's next of Kin will be provided with the opportunity to voice the harm that was caused by the crime committed against them by the offender via a victim impact statement.

LOCATION

The Self Control Program can be conducted in a classroom setting, or interchangeable to an In-cell course to accommodate modified program/lockdown and/or Special Housing Arrangements such as Administrative Segregation (AD-Seg), Security Housing Units (SHU), etc.... for the incarcerated population.

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SELF-DISCIPLINE

This ability is parallel to Self-Control and requires one to reign over their emotions, desires, and actions. Having self-discipline can be the deciding factor in a crucial predicament that has the potential of success or failure, or even life or death. Self-discipline sometimes requires one to go out of their comfort zone. In these types of instances, one would find themselves doing things they normally would not do. However, in those acts of self-discipline can reside the outcome of one's life depending on the severity of the circumstance. Nothing about maintaining self-disciplined is easy. It takes time, practice, dedication, patience and devotion. At times, one may even have to sacrifice or inconvenience themselves in order to get the desired effect from having self discipline, which is a positive progression in a forward manner. Whether it is having the mind control to abstain from over indulgence in a guilty pleasure, to sticking to a strict regimen to improve one's health, self-discipline is imperative to one's future

ASSIGNMENT

1. Define Self-Discipline in your own words:

2. How does having Self-Discipline effect your life?

(Please be specific and explain in detail how you obtained Self-Discipline and what the most challenging part of maintaining it is)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-DESTRUCT

Self-destruction is when one succumbs to the pressure that life, circumstances, or reality subjects them to due to a self-inflicted decision they made. Everyone has been in or put in a situation where you could have self-destructed. It could be something you did, someone else done, or simply the environment you were in at that point of time. Self-destruction can cause you to harm yourself and some type of way, shape, or form by inflicting pain, depression, or misery upon oneself. Becoming mentally strong in ways which would not cause you to self destruct can be challenging. Doing something a certain way, for a long period of time, takes courage and effort to try something new. The challenge is, never give up and reaching that goal to find Solutions in which would prevent self-destruction. At times, depending on the problem or situation at hand, it may call for different action is to be put in play, which only sound judgment can produce. The main thing is to stick with the progress you have made and to fight the instinct to self destruct.

ATTENTION

1. Describe Self-Destruct in your own words:
2. Share with us a choice you made that could have, or did, lead to u Self-Destructing?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-INFLICTED

Automatically, when people hear the phrase self-inflicted, they associate it with a physical wound that derived from one's own doing. True indeed, this is one way to define the meaning of self-destruction. However, it is not the only way. A self-inflicted wound can be described as any consequence one suffers from, due to a choice that individual made. This can be mentally, emotionally, physically, financially and consequently. Whether you are dwelling over a divorce (mentally), continuing to stay in an unhealthy relationship (emotionally), doing drugs (physically), gambling (financially), or committing a crime (consequently). All of these are examples of self-inflicted choices that can produce an injury in some type of form. These types of injuries not only affect you, but they also affect the ones that love and supports you as well. Be aware that the freedom of choice has an underlying threat of self-infliction if you make the wrong decision in life. Knowledge is power.

ASSIGNMENT

1. Define Self-inflicted in your own words:
2. Have you ever made a decision that resulted in a self-inflicted consequence? What was it and why?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-SUFFICIENT

Through the course of life, we all learned the importance behind being self-sufficient. We started off as children who live life freely without a care or a worry in sight. Then we morph into adulthood, where independency is the only way to achieve stability. Self-reliance is a key factor in perfecting this quality. Depending on others will only subject oneself to disillusionment. Avoid being a burden or a liability to loved ones by striving for self-sufficiency. Individuals who possess ambition, with the valor to go up against the odds, and the determination to never cease progression until they excel, are the ones that live autonomously. The aim is to exclude all external influences from having any effect on your mental, emotional or financial equilibrium by finding the source of strength from within yourself to reach your highest potential.

ASSIGNMENT

1. Define Self-Sufficient in your own words:
2. How has being self-sufficient helps you in life? in what ways are you self-sufficient? (Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-EXAMINATION

This is the process that leads up to self-discovery. The best ways to reach the depth of your being through self-examination is by following this three (3) step procedure. **1) Clear your distractions:** Find a place that offers complete serenity. This can be at your house with all of the devices disabled, or at a park during unoccupied hours. You can be in your car parked in a remote area, or wherever you can become one with your surroundings and focus are you. **2) clear your conscience:** Once you are freed of all distractions, allow yourself to temporarily suspend your reality and live in that moment. You have **no** worries, **no** bills, **no** adversaries, **no** debts, **no** addiction, **no** hardships, **no** nothing. Enjoy this out-of-body experience through the deepest form of meditation. Embrace your inner peace. Last but not least, **3) Dig deep and accept:** Revisit the areas in your life that you avoid at all costs. Confront your fears. Accept the things that are out of your hands. **For instance:** A death in the family, and orphanage upbringing, a divorce, and unpredictable illness, a surmount of debt, a rebellious child, a life sentence, a foreclosed house, a drug addiction, being a victim of a crime, a broken home, an incurable disease, recently laid off. Whatever the hardship is, **OWN IT!** Do not run from the challenges in your life, instead, embrace them. Once you have embraced them, you will stop dwelling on the problem and start seeking a solution. Those that seek shall find. Every problem that we have, no matter how rare it may seem, there is already a solution to it. There are millenniums of trials and triumphs recorded in books. A solution can be found there. Nevertheless, the best solution to any problem is, locating the source. Locating its source takes diligent focus and investigation. In your life take responsibility as being the source and realize that self-examination may be the solution.

ASSIGNMENT

1. Define self-examination in your own words:
2. Perform a self examination of yourself and then explain the process and what you have learned about yourself?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-CONFIDENCE

Self-confidence derives from one knowing their capabilities. It is a combination of being tenacious, fearless, resolute and unhesitating. To have self-confidence is to have the faith to accomplish anything one puts their mind to. By accomplishing a goal one sets out for themselves, they are building their self confidence and automatically courage, assurance and self-reliance is instilled into their characters. All of these qualities are proper nutrients to nourish ones ambitions with, which will inoculate the audacity into one's strive that is necessary to overcome any obstacle that may obstruct their path. Sometimes, it takes certain situations to build one's self confidence. A failed attempt should not be able to fluctuate one's certainty in themselves. Instead, it should build upon the inspiration one has to fulfill their mission. To heighten one's self confidence, take on challenges, know your capabilities, and believe in yourself.

ASSIGNMENT

1. Define Self-confidence in your own words:
2. How has self-confidence help you in life? Have you ever lacked self-confidence? Why or why not?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-DISCOVERY

To master this process, it will require you to shave back multiple layers of your life without fearing what you will find out about yourself, and face any possible abstruse psychological or emotional trauma that make exist. Self-discovery can be viewed as a form of soul-searching that enables a person to find out who they truly are. Evaluate your past and discover your ultimate potential for your future. This process is not to be underestimated. Many of people have found their life's purpose and obtained their inner peace using this self-examination technique. Nevertheless, some have succumbed to the unfathomable tragedies of trying to accept their reality. So please take this process serious. This journey may frustrate, confuse, and possibly even overwhelm you. However, do not let this discourage you. This is a journey of personal growth and self nurturing so take the time it is going to take to reach your core. You should be excited. You should be excited to learn who you are now. This will only make that transition to who you will become in the future that much more smooth and meaningful. So take full advantage of this opportunity.

ASSIGNMENT

1. Define Self-discovery in your own words:
2. How has self-discovery made you become more aware of yourself?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-DENIAL

Self-denial is refusing to believe or accept something that might be right in front of you. Rejecting what is logical for something that is illogical. In human behavior, it is not uncommon to look for the wrong solutions in the most obvious places and yet it never occurs to us that there is a way, even out of the darkness. Self Denial can cause more harm in life than it can good. This type of denial can stem from many experiences such as growing up as a child in a tough household, school, community or something in life that has happened subconsciously that causes one to act this way. There are ways to get out of the delusions of self-denial and back to the realistic and logical perspectives of life. Be patient, believe in yourself and accept reality for what it is, with the understanding that the ability to change the circumstances that one disagrees with is in their own hands. Positive thinking and motivation are essential to getting rid of any type of denial, delusions, or misconceptions of one's truth.

ASSIGNMENT

1. Define Self-denial your own words:
2. Have you or anyone you know ever been in self-denial?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-RESPECT

In order to have self respect, first one has to know their value. The choices that person makes should always derived from prudence that reflects off of their character. In our every decision, self-respect is what sets boundaries around one's morals and ethics. If one lacks self-respect, then many of the choices they make will result in a self-inflicted injury because their lack of self-esteem would eliminate discretion, which in return will eventually ensure self-destruction. Identify your potential by discovering your limits. Rigorous introspection will reveal your purpose in life. In order for others to respect you, first you have to respect yourself.

ASSIGNMENT

1. Define Self-respect in your own words:
2. What are the pros of having self-respect? Furthermore, what are the cons?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-PITY

We all go through things in life that fluctuates our levels of emotions. Self-pity is one of the leading causes of suicide in the world. Disparity, hopelessness and worthlessness are telltale signs of one who is suffering from self-pity. These are traits to look for, especially in people who have recently had a traumatic experience. Those who lack willpower and mental fortitude are most susceptible of suffering from self-pity. It is a form of mental misery that compels one to dwell on the circumstances that caters to this feeling of incompetence, which leads to one wallowing around in distress. This emotional stupor often induces mental deterioration, which has claims many lives. If you or anyone you know is showing signs of self-pity, do not waste any time. Find help **immediately**! Speaking to a trusted friend or a therapist can provide the vigor needed to obtain the mental stability necessary to live a happy life.

ASSIGNMENT

1. Define Self-pity in your own words:
2. Do you or anybody you know suffer from self-pity? Please explain the reason and the possible solution.
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELFLESS

A selfless act can be defined as a person lending their assistance without wanting or accepting any type of reward or compensation for their support. Aiding a person in need without solicitation is a virtuous deed, which rarely occurs these days. An altruistic person is someone who makes sacrifices for others even when the result will not benefit them directly in any way. It does not take monetary donations or furnishing materialistic items for one to be considered unselfish. Some of the most effective maneuvers of selflessness derived from yielding sound advice in a time of dire need. Other examples maybe inconveniencing oneself such as skipping work to attend a friend's graduation. Putting the welfare of others in front of one's own is the epitome of a selfless person.

ASSIGNMENT

1. Define Selfless in your own words:
2. Name a time being selfless has affected you and what was it that you did? How did you feel after work?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELFISH

This is one of the negative traits that people possess, which normally stems from a deeper issue than greed. Some individuals that are selfish are that way because of their upbringing. Since they have never owned anything in life, when they finally do have something to share that has a value to it, there is a seed that lays in the back of their conscious that reminds them constantly of the time they never had anything. This prevents them from sharing and builds up resistance. A fear that an individual like this may have is thinking that if they give up a portion of what they now have, they may relapse back into not having anything at all. In reality, it is all in their mind. One never knows when the assistance they lend will save a life. Even for the fortunate, life is not always so promising. Put yourself in another person's shoes and treat them with the courtesy you would want to be reciprocated. One of the best qualities to develop is altruism, because sharing is caring.

ASSIGNMENT

1. Define Selfish in your own words:
2. Name a time being selfish has affected you? What was it that you did and how did you suffer?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-IMAGE

This is not the reflection one sees in a mirror. Self-image is the character in an individual that the world sees. It is the spirit inside of a person that exudes through actions. Their confidence, their attitude, their ability, their demeanor, their authenticity, and their swagger are all actions that reflect off of one's self-image. A person that acknowledges their flaws and accept them for what they are is a person who is comfortable in their own skin. A person cannot create a self-image, it is revealed naturally through the course of life. A superficial self-image is recognized immediately like a bad actor in a good role. One's self-image is built off of experience. Trusting the process of this course will introduce you to yours.

ASSIGNMENT

1. Define Self-image in your own words:
2. What is your self-image? Does it match other people's image of you? How has this standard helped?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-WORTH

Knowing one's value instills a level of confidence in a person's character that sets their standards and every decision they make is a reflection of their self-worth. An outside opinion can not disturb the foundation of stability one's dignity is built upon when they know their importance. Aimlessness derives from a lack of self-worth. When one knows their purpose, then they truly understand their nobility. The experiences we endure in life is what illuminates our vigor and nourishes our self-respect. Some people degrade themselves from materialistic items because of an infatuation, combined with a low regard of oneself. However, a person of wisdom and true morals knows that compromising one's Integrity is not an option. One of the few things in this world that is considered invaluable is, knowing one's worth.

ASSIGNMENT

1. Define Self-Worth in your own words:
2. What is your self-worth? How did you come up with this evaluation?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-CENTERED

This egocentric trait is another characteristic that serves as a repellent. The combination of self-righteousness, arrogance, and narcissism are the ingredients to this impudence. The contributing factors to obtaining this sense of vanity derives from something deeper than conceit. This over exaggerated opinion of oneself could have originated from one's own insecurities. Their experiences, environment, or upbringing could have all played a role in developing this plague of overcompensation. Self-confidence can easily be misinterpreted as self-centeredness if one's illustration of themselves lacks modesty. The solution to living a long, happy, meaningful, and amiable life is to simply be yourself. No need to create an image that misrepresents one's essence in order to appease a particular crowd. People who are self centered wind up lonely, despised, and in internal conflict with themselves. Dismiss this trait. As the adage goes, "One can get more bees with honey than vinegar."

ASSIGNMENT

1. Define Self-Centered in your own words:
2. Are you or anyone you know self-centered? In your opinion, what makes people behave this way?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-ESTEEM

To have self esteem is to have pride, confidence and dignity. It is holding oneself to a high standard without allowing yourself to be influenced negatively by external perspectives. It's knowing who you are and what you want out of life. It's knowing your strengths, as well as your weaknesses, but still having a worthy opinion of oneself. A person who lacks self-esteem is impressionable. A person that is not comfortable in their own skin creates a façade to overcompensate for their inadequacies. Self-esteem or lack thereof, can have either a positive or a negative effect in one's life. An exaggerated level of self-esteem often leads to depression, which is naturally the gateway to self-destructive behavior. Suicide is very common amongst individuals who suffer from low self-esteem. We encourage anyone who may have symptoms of depression, disparity, or feelings of hopelessness to reach out to someone for help. Use techniques of self appreciation to build up one's self-esteem. Each day say something positive about oneself and then reward yourself weekly for continuing this therapeutic initiative. A healthy self-esteem promotes a long healthy prosperous life. With only one life to live, despite our circumstances, our environment, or our misfortunes... let's make the best of it all by living with internal peace.

ASSIGNMENT

1. Define Self-Esteem in your own words:
2. How does having self esteem affect your life? What are the signs of having low self-esteem? How is it dangerous and what are some solutions?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-EDUCATION

The definition of an autodidactic scholar is a student who taught themselves through their own efforts. There are various ways to learn. There is no procedure that teaches all. Instead, an individual is encouraged to test out different learning strategies to see which method is most beneficial to them. In a traditional setting, one instructor would teach a classroom full of students. However, in many cases, students find it more comfortable to learn at their own pace. One of the best tools to utilize when educating oneself is to ask questions. If one does not fully understand the complexity of an assignment, never be ashamed to seek assistance in the pursuit of obtaining higher education. The journey will surely be difficult so do not overwhelm yourself. Instead, practice patience. Create a study regiment that coincides with the rest of your daily activities. To get the maximum results from self-education, stay consistent, discipline, and rely on one's own cognitive abilities to establish autonomy.

ASSIGNMENT

1. Define Self-education in your own words:
2. What is the importance of self education? Offer a few methods you have utilized to further your education.
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-IMPROVEMENT

A monumental factor of self-improvement and personal development derives from acknowledging that, we as humans are fallible, who have the ability to control our actions and faculties through a cerebral muscle equipped with a boundless capacity. We have a greater responsibility to our children and to ourselves to be better today, than we were yesterday. This growth cycle continuously repeat yourself until we have reached our fullest potential. Learning to build new life skills by changing your behavior and building on the strengths in which can help one grow will surely be a difficult task. So improving oneself will take time, patience, and diligent effort. These evolutions will not conclude overnight. So do not get frustrated or discouraged in the building process. We inspire you to challenge yourself. There are certain steps that must be taken in order for you to reach your pinnacle. Self-improvement is one of the essential ingredients to obtaining stability. Not only will it improve your life, but also those lives that are influenced by yours.

ASSIGNMENT

1. Define Self-improvement in your own words:
2. Over the years, give us a few examples of how you have self improved.
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-DETERMINATION

This ability is fundamental to achieving the goals one sets for themselves. Self-determination is a force driven by motivation, with enough concentration to fulfill an epiphany. No external influences are necessary when striving to accomplish one's vision. The level of ambition one possesses will determine the outcome of their endeavors. Self-determination is the inspiration one receives from within, which is usually credited for the success of one's triumph. The mind-state that is intertwined with this ability is, **if there is a will, then there is a way**. If one lacks self-determination or relies on an external source to provide it (such as a family member, spouse, Etc.) then the chances of them experiencing disillusionment or being derailed somewhere in their pursuit of achievements is almost guaranteed. The solution is to be mentally independent and locate all of the elements of zeal from within. Self-determination is responsible for more than half of every successful business, and over 95% of every self-improvement transition.

ASSIGNMENT

1. Define Self-determination in your own words:
2. How has having self-determination helped you accomplish a goal?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-REHABILITATION

One does not need an external influence in order to improve their life. Introspection will reveal the areas in one's life that needs catering. Once the deficiency is discovered, one should take it upon them self to fulfill that deficit. Self-reliance is a key factor of self rehabilitation. Whether one is seeking self-help support, drug treatment, nursing a physical or an emotional injury, advanced education, mental stability, etc., all of this can be done independently. Reconstructing one's life and making the positive changes necessary will promote a better living and organic developments. Acquire the comprehension that is indispensable to self rehabilitation by creating an autonomous learning system.

ASSIGNMENT

1. Define Self-rehabilitation in your own words:
2. What have you done to cater to self Rehabilitation? How has it helped you better yourself?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-SACRIFICE

The sacrificing of your own interest for the benefit of others, being unselfish, and willing to give or share is the true meaning of self-sacrifice. With self-sacrifice, one can find purpose in doing something positive for others, even at the expense of inconveniencing themselves. The sacrificial range of significance can stretch from forfeiting things such as materialistic items, all the way up to one's life. A martyr is a person who chooses to die or suffer from one's faith or principles. This is the ultimate self sacrifice. Nevertheless, it was these unfathomable contributions to society that solidify racial equality, religious Independence and prisoner's rights. With these examples, all these courageous charitable acts of sacrifices contributed to society's independence. The sayings, "Anything worth having is worth sacrificing for." and "If we don't stand for something, then we will fall for anything." derived from a sacrificial perspective with intentions to maintain peace, love and uniformity.

ASSIGNMENT

1. Define Self-Sacrifice in your own words:
2. Have you or anyone you know ever had to make a self-sacrifice? If so, for what cause? (Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-EXPRESSION

Though there are numerous avenues one can utilize to express themselves, some of the most common forms of self expressions are through art, compositions (such as music, poetry, literature, etc.) and narration. All of these approaches are effective methods to communicate one's internal conflict and/or ambition. The consequences of not expressing oneself can lead to a buildup of stress, frustration and agitation. This type of introverted characteristic behavior can cause one to bottle up their turmoil, which would lead to a self-implosion, and cause irreparable damages to the bonds and friendships of those that are around them. So beware of these insidious and volatile combinations of emotions. Learn how to prevent yourself from becoming overwhelmed by employing this understanding and utilizing self-expression to positively cure all internal strife.

ASSIGNMENT

1. Define Self-expression in your own words:
2. What is a hobby you have that allows you to self express yourself?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF-CONTROL

The name of this program is self-control because it embodies all of the definitions of the subtitles in this program. Each subtitle has elements within its definition that are just as significant as the others are. Self-control cannot be obtained if any of the elements of the subtitles in this program are missing from one's conduct. Having self-control allows a person to reign over their emotions, desires, and actions, by their willpower being strong enough to resist temptation and restrain from drug abuse, promiscuity, and other vices that leads to self destruction. Their vigilance will not be obscured by impatience or impulsion. Instead, every decision will derive from sound judgment. Having self-control In an unpredictable environment emphasizes the growth in one's ability to cope with foreign territory and capricious qualities. Only through willpower, wisdom, experience and self-discipline can self-control be mastered. Utilize this program to become proficient (regarding these subtitles) in this course of self-control. To live without it is to live without dignity, repression, pose.

ASSIGNMENT

1. Define Self-Control in your own words:
2. Give an example during a time where you had to exercise self-control?
(Please explain in detail)

Pertaining to question #2, the response requires a 150-word essay. Use the attachment to structure and revise your essay before turning it in.

Thank you

SELF

This program has provided you with 23 different assignments to use to establish self control.

Write a 300-word essay discussing how the topics covered in this curriculum has influenced your life and help you and your journey of Rehabilitation.