



Self-Control Assessment Tool

Over fifty years ago, Stanford University researchers used the 'Marshmallow Test' to determine how much self-control children of different ages could exhibit. After tracking these test subjects into adulthood, researchers found that self-control was the most powerful predictor of their adult success over IQ and socioeconomic status. Take this assessment to determine your level of self-control.

Directions: Read each statement below and decide how it applies to the way you feel about yourself. Add down each column. Then, add across the columns to get a final total.

Questions	3 points ALWAYS	2 points USUALLY	1 point SOMETIMES	0 points NEVER
1. I enjoy arguing with people.				
2. I express all of my feelings.				
3. If I think something someone says is stupid, I tell them so.				
4. If I am angry, I act like it.				
5. My mouth gets me in trouble a lot.				
6. I do things just to get attention.				
7. Sometimes I provoke people just for the fun of it.				
8. My feelings get hurt easily.				
9. I hate being wrong.				
10. I say things that I regret later.				
TOTALS	+	+	+	

Patton, Stanford, Barratt (1995). J Clin Psy, vol. 51, pp. 768-774

--

SELF-CONTROL ASSESSMENT SCORES

Less than 10 = High self-control

Between 11-15 = Self-control is lacking at times

Between 16-20 = Self-control needs work

Between 21 and 30 = Self-control needs A LOT of work

Grand Total