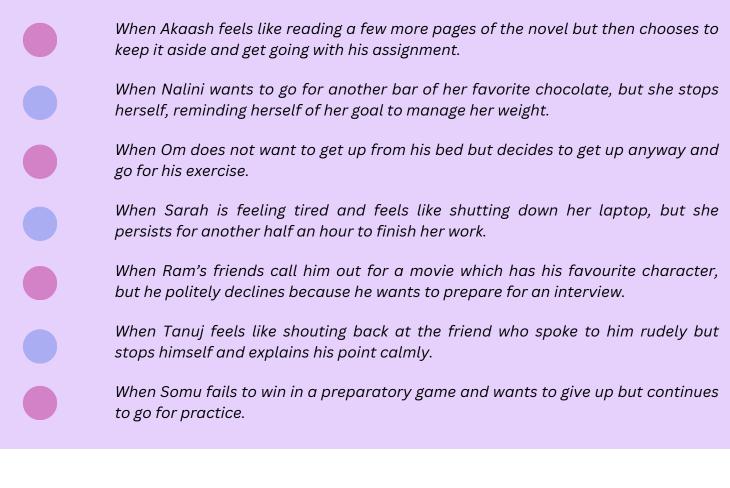


# SAY 'NO' TO TEMPTATIONS



'Saying No' to tempting distractors can give you the time you need to do what you want to do and engage in healthy relaxation. 'Saying No' to temptation can help you stay on track and move towards your goals. M

### Think about these examples....



What is the skill these people are exercising?

It is called self-regulation!



Not giving in to urges and temptations just because we feel like...

Persisting at our goals when the going gets tough...

Handling external and internal distractions when we need to stay focused...

Basically it is about NOT going only by what we 'feel like' doing/not doing BUT - Instead choosing to do/not do something - based on what seems the wisest thing to do.



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## PICK ONE TEMPTATION YOU WISH TO RESIST AND PLAN HOW YOU CAN AVOID OR RESIST THIS TEMPTATION.

(Remember the temptation should be something that interferes with your life)

Name one temptation that you wish to resist			
Write down what are your own reasons to resist this temptation.  Do you really want to resist? (You must have your own clear personal reasons!)			
Write down 3 specific strategies you will use to resist this temptation (Ex: Make a public commitment to solicit peer support, engaging in self-talk, healthy self-reward to control urges)			
Make a list of situations/ cues that can help you minimize/ resist this temptation			
Name at least one person from who you can seek support to resist this temptation			

#### Examples of saying 'No' to temptations:

- When you don't want to get out of bed but decide to get up and go for exercise.
- When you feel like shouting back at a friend who spoke rudely, but stop yourself and explain calmly.
- When you feel like reading a few more pages of a novel, but keep it aside to get going with the assignment.
- When after going to gym everyday for a month, there is a gap of a week & you feel like this has broken your resolve and there's no point restarting- but you push yourself to start again.

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### My self-regulation score card

Date	Today, I did something that I did not 'feel like' doing but which I know for sure was a wise thing to do. Put ( ✔ ) mark here	Mention briefly what was that wise thing – so that you can look back with satisfaction and pride.