



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.



Think about these examples....



When Akaash feels like reading a few more pages of the novel but then chooses to keep it aside and get going with his assignment.



When Nalini wants to go for another bar of her favorite chocolate, but she stops herself, reminding herself of her goal to manage her weight.



When Om does not want to get up from his bed but decides to get up anyway and go for his exercise.



When Sarah is feeling tired and feels like shutting down her laptop, but she persists for another half an hour to finish her work.



When Ram's friends call him out for a movie which has his favourite character, but he politely declines because he wants to prepare for an interview.



When Tanuj feels like shouting back at the friend who spoke to him rudely but stops himself and explains his point calmly.



When Somu fails to win in a preparatory game and wants to give up but continues to go for practice.

What is the skill these people are exercising?

It is called self-regulation!

It is

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.