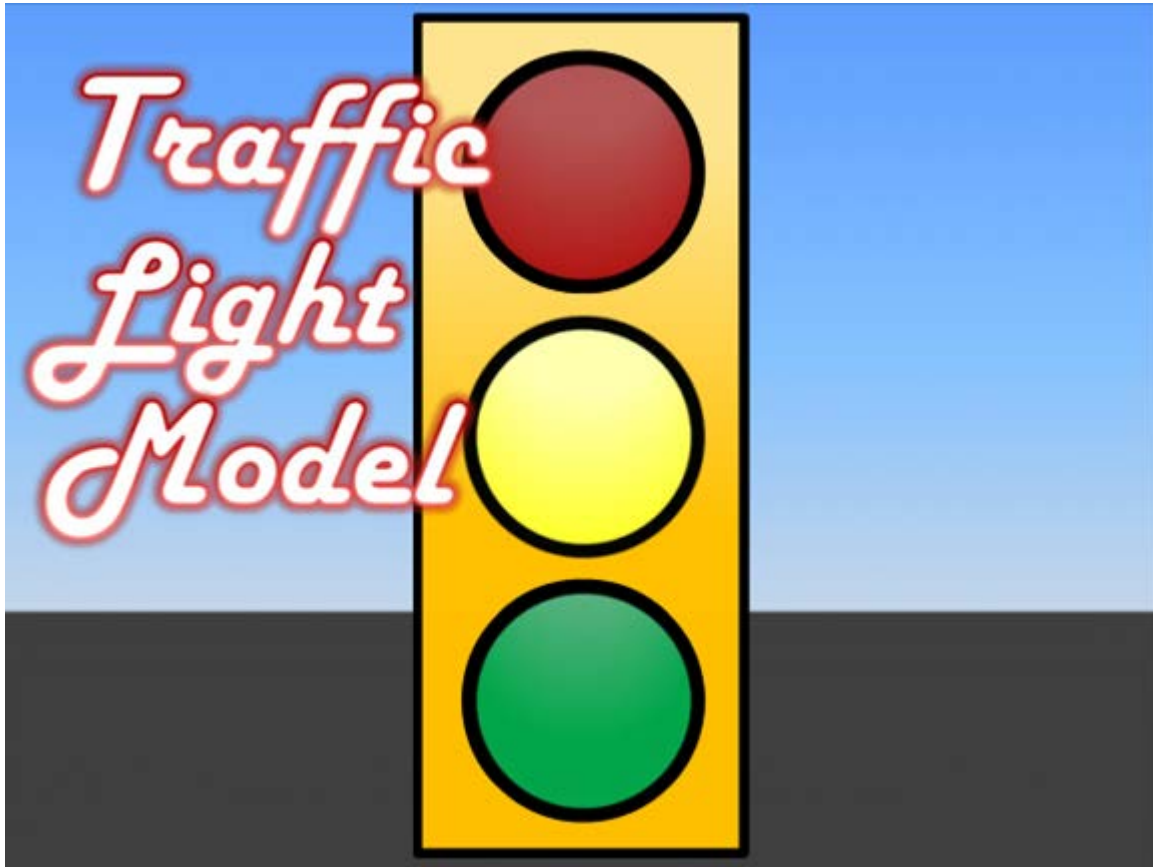


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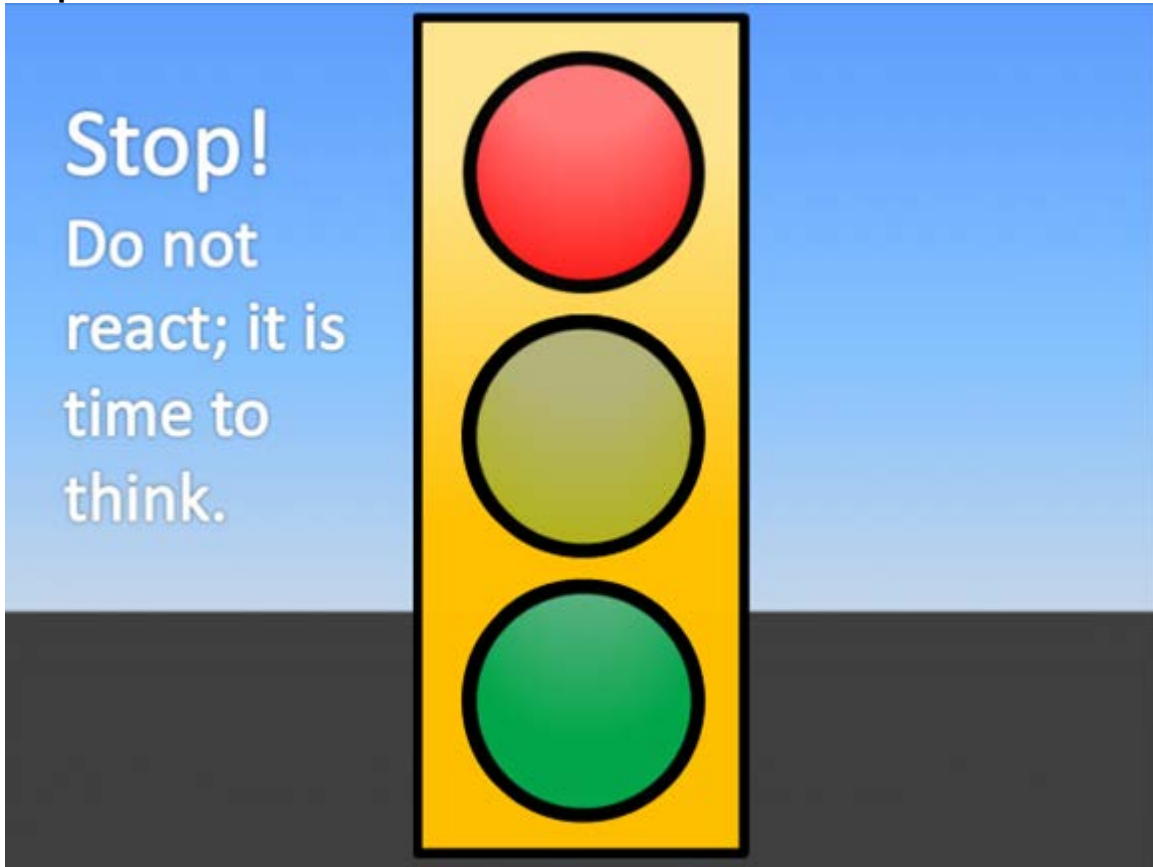
Self-Control



View your self-control as if you were driving and came to a traffic light. Rather than an impulsive comeback, your initial reaction should be to stop and think. Time to learn the Traffic Light Model.

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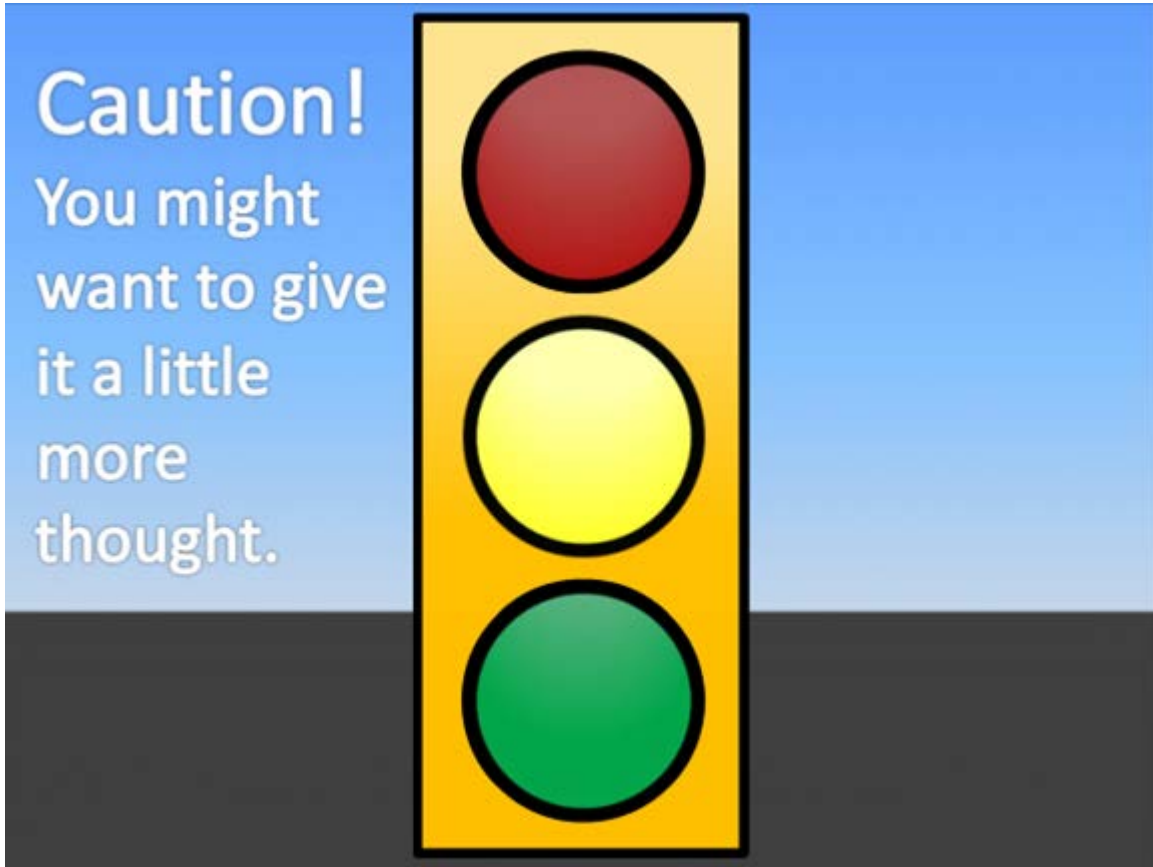
Stop



RED LIGHT – Stop! Do not react; it is time to think. This should be your initial reaction to a situation rather than an impulsive comeback.

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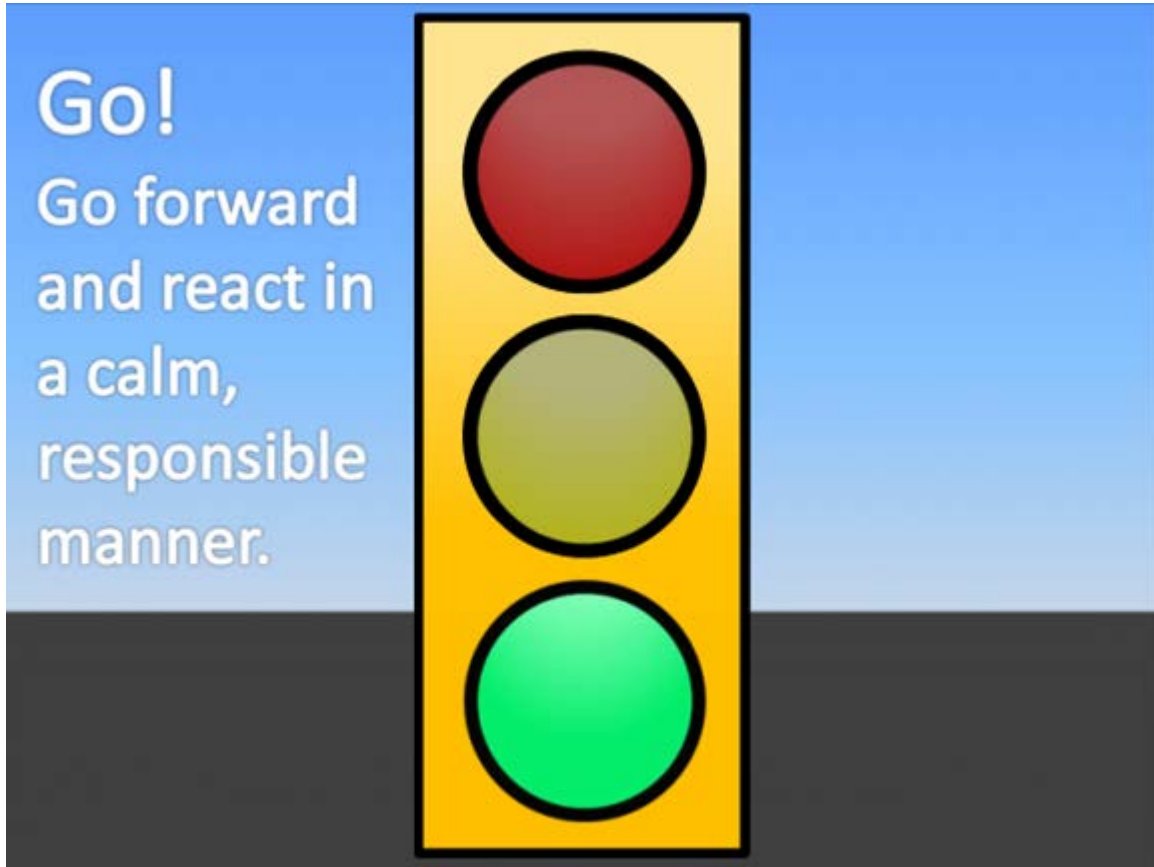
Caution



YELLOW LIGHT – Caution! You might want to give it a little more thought. Time to think the situation through and allow your impulses and nerves to settle.

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Go



GREEN LIGHT – Go! You have exercised self-control. It is okay to move forward and react in a calm, responsible manner.

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Self-Control Scenario



Pretend that you are invited to a friend's house for a swim party to kick off the summer. Your friend asks you to bring three bottles of soda. When you arrive at the party, people are swimming, some are eating and talking, and there is a competitive game of volleyball. Everyone seems to be having fun. After about an hour, when the sun goes down, you notice a few kids over near the drinks, so you go over to say hello. As you reach for a cup, one of them grabs your arm and asks if you would like some vodka.

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Think



RED LIGHT – Stop! Do not react. Think! You know drinking alcohol is illegal, not to mention bad for your health. The peer pressure is pretty intense. You want to do the right thing.

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Take More Time



YELLOW LIGHT – Caution! Give this a little more time and thought. Ask yourself: Do they really care if you take the vodka? Will you be harmed if you drink?

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React Calmly



GREEN LIGHT – Go! It is okay to react since you have used self-control, so you respond to the group who has offered you the vodka, “No, thank you.”

As you can see, the Traffic Light Model allows you some time to think about the situation and come to a conclusion before reacting.