

What were you thinking?

Listen to the story [*What Were You Thinking?*](#) by Bryan Smith. In this story, Brayden is looking at his decisions to see if they made things better or worse. His teacher teaches him about the four steps for self-control, and how they help him make better choices.

Once you've listened to the story, answer the questions below-

What were the 4 steps for having better self-control? If you can't remember, you may need to check the story again.

- 1.
- 2.
- 3.
- 4.

Share an example of a time you showed self-control-