



Developing Willpower and Self-Control to Change Behavior



Overview/Description:

Establishing self-control over behaviors such as overeating, smoking, gambling, pornography consumption, shopping, gambling and other addictive behaviors can be extremely difficult and discouraging. This course will address the nature of will power and how to develop self control for effective behavioral change.

Workshop Objectives:

By the end of this workshop, you will:

- Recognize the battle that occurs in the brain between impulse gratification and pursuit of long-range goals
- Describe how stress, emotional strain, lack sleep, and alcohol or drugs can strain mental resources and increase vulnerability to temptation
- Describe how to increase motivation and engagement in the process via support networks and how and when to seek professional help

Identify ways to increase self-control such as:

- Become aware of the risks and consequences of the behavior you wish to change
- Change your impulses by associating temptations with negative consequences
- Transform vague long-range goals into simple intermediate steps
- Identify and avoid risky situations
- Formulate "if then" contingencies
- Train your working memory



TARGET AUDIENCE:

ANYONE CONCERNED
WITH CHANGING A PROBLEMATIC BEHAVIOR



EXPECTED DURATION:

45-60 MINUTES