

## Self-control motive scale

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Scoring: mean of Q1 to Q8.

### Trait Version

Please mark your level of agreement with the following statements, which refer to what you WANT *in your life in general*:

<i>In my life in general...</i>	Strongly disagree		Neither agree nor disagree		Strongly agree
1. I want to be more self-disciplined	1	2	3	4	5
2. I want to be better able to concentrate on tasks	1	2	3	4	5
3. I wish I had more control over my responses in stressing situations	1	2	3	4	5
4. I want to be better able to resist temptations	1	2	3	4	5
5. I want to be better able to hold back bad thoughts when they come to my mind	1	2	3	4	5
6. I wish I had a better ability to change unwanted habits	1	2	3	4	5
7. I want to have more control over my feelings	1	2	3	4	5
8. I want to be better able to persist in pursuing goals	1	2	3	4	5

### State Version

Please mark your level of agreement with the following statements, which refer to what you WANT *right now*:

<b><i>Right now...</i></b>	<b>Strongly disagree</b>		<b>Neither agree nor disagree</b>		<b>Strongly agree</b>
1. I want to be more self-disciplined	1	2	3	4	5
2. I want to be better able to concentrate on tasks	1	2	3	4	5
3. I wish I had more control over my responses in stressing situations	1	2	3	4	5
4. I want to be better able to resist temptations	1	2	3	4	5
5. I want to be better able to hold back bad thoughts when they come to my mind	1	2	3	4	5
6. I wish I had a better ability to change unwanted habits	1	2	3	4	5
7. I want to have more control over my feelings	1	2	3	4	5
8. I want to be better able to persist in pursuing goals	1	2	3	4	5