

CRIMINAL JUSTICE and COLLEGE STUDENTS



DO YOU HAVE ENOUGH SELF-CONTROL TO COMPLETE A SELF-CONTROL SCALE?

Below are the items from Grasmick and colleagues' self-control scale. Read each item, and give yourself a 3 if you strongly disagree with the statement, a 2 if you disagree, a 1 if you agree, and 0 if you strongly agree.

1. I often act on the spur of the moment. _____
2. I devote much thought and effort to preparing for the future. _____
3. I often do what brings me pleasure here and now. _____
4. I am more concerned with what happens to me in the long run. _____
5. I frequently try to seek out projects that I know will be difficult. _____
6. When things get complicated, I tend to quit or withdraw. _____
7. The things in life that are easiest bring me the most pleasure. _____
8. I like really hard tasks that stretch my abilities to the limit. _____
9. I feel little need to test myself by doing something a little risky. _____
10. Sometimes I will take a risk just for the fun of it. _____
11. I find no excitement in doing things I might get in trouble for. _____
12. Excitement and adventure are more important than security. _____
13. I would almost always rather do something mental than physical. _____
14. I feel better when I am on the move rather than sitting and thinking. _____

15. I like to read or contemplate ideas more than I like to get out and do things. _____
16. I have more energy and greater need for activities than most people my age. _____
17. I try to look out for others first, even if it means making things difficult for myself. _____
18. I'm very sympathetic to other people when they are having problems. _____
19. If things I do upset people, it's their problem not mine. _____
20. I will try to get things I want even when it's causing problems for others. _____
21. I don't lose my temper very easily. _____
22. When I'm angry I feel more like hurting than talking about why I'm angry. _____
23. When I'm really angry, other people better stay away from me. _____
24. When I have a serious disagreement with someone, I can usually talk calmly about it without getting upset. _____

After you are done, change your scores for these items so that 3 = 0, 2 = 1, 1 = 2, and 0 = 3: 2, 4, 5, 8, 13, 15, 17, 18, 21, 24. Then, sum your scores. Lower scores indicate a lower self-control.

Do you think your score adequately reflects your level of self-control? What factors from your past do you think contribute to your level of self-control? How might your level of self-control contribute to your engagement in different types of behavior such as speeding, smoking, and illegally downloading music?

Grasmick, H. G., Tittle, C. R., Bursik, R. J., & Arneklev, B. J. (1993). Testing the core empirical implications of Gottfredson and Hirschi's general theory of crime. *Journal of Research in Crime and Delinquency*, 30, 5-29.