

The Desire for Self-Control (DSC) scale

Instructions: 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	Disagree	Neither agree nor disagree	Agree	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

Reference:

Uziel, L., & Baumeister, R. F. (2017). The self-control irony: Desire for self-control limits exertion of self-control in demanding settings. *Personality and Social Psychology Bulletin*, 43(5), 693-705. <https://doi.org/10.1177/0146167217695555>