### The Basic Forms of Self-Instructions, With Examples

<table>
<thead>
<tr>
<th>Forms of Self-Instruction</th>
<th>Examples</th>
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</thead>
</table>
| **1. Problem Definition**  | What is it I have to do here?  
(Sizing up the nature and demands of the task) |
|                           | What am I up to?  
What is my first step? |
| **2. Focusing Attention and Planning**  | I have to concentrate, be careful . . . think of the steps.  
(Attending to the task at hand and generating a plan) |
|                           | To do this right, I have to make a plan.  
First I need to . . ., then . . . |
| **3. Strategy**           | First I will write--brainstorm as many ideas as I can.  
(Engaging and implementing strategies)  
The first step in writing an essay is . . . |
|                           | My goals for this essay are . . .; I will self-record on . . . |
| **4. Self-Evaluating and Error Correcting**  | Oops, I missed one; that's okay--I can revise. Am I following my plan?  
(Evaluating performance, catching and correcting errors) |
| **5. Coping and Self-Control**  | Don't worry- worry doesn't help.  
(Subsuming difficulties or failures and dealing with forms of arousal)  
It's okay to feel a little anxious; a little anxiety can help.  
I'm not going to get mad; mad makes me do bad. |
|                           | I need to go slow and take my time. |
| **6. Self-Reinforcement**  | I'm getting better at this.  
(Providing reward)  
Wait 'till my teacher reads this!  
Hooray--I'm done! |

Diana Browning Wright, *Behavior/Discipline Trainings*