

# Defense Mechanisms: Self Control

Something I should learn to use, if I am getting mad  
Something that I need to do before I do what's bad  
Before I choose to break the rules, I gotta have a goal  
Before I steal or hit or yell, I'm gonna use my self control

I gotta think before I act, that's the most important fact  
I need to ask myself two small and simple questions  
What'll happen if I do? What'll happen if I don't?  
Then I've got to choose the right direction

If my little brother comes into my room and makes a mess  
If someone accidentally pokes a hole in my new dress  
If someone with a spray can wants us to help them paint the school  
In all these circumstances, we must learn to keep our cool

Who's in charge of me and my responsibility?  
I'll tell you once, I'll tell you twice it's I, myself and me  
With all the choices that there are, we should use our common sense  
We're free to choose our actions but we can't pick our consequence

Chorus Repeated

So before I steal or hit or yell, before I pinch or kick or bite  
Before I curse or swear or say mean words to you in spite  
Before I cheat or cry or whine, before I push or break or hurt  
Before I give in to temptation and color on your shirt...

Chorus Repeated

