

## **Self-Discipline**

**To be used as a positive refocusing strategy:**

**Chant to the tune of M-i-c-k-e-y M-o-u-s-e**

**Self-discipline clap, clap**

**Self-discipline clap, clap**

**We should use self-discipline clap, clap**

**S-E-L-F D-I-S-C I-P L-I N-E clap, clap**