



Delayed Gratification

About delayed gratification:

- Delayed gratification is the ability to have self-control and to not rely on immediate gratification
- There are two paths we can take in any situation, one is the path of avoiding pain in the moment, and the other is to delay pleasure for a bigger purpose. This path is taught.
- The things you enjoy the most are often the result of successfully accomplishing things that you don't like to do.

Benefits of delayed gratification:

1. Teaches importance of hard work: Helps one focus on the process of success
2. Develops motivation: Deprivation causes motivation
3. Creates impulse control: Encourages resilience and self-control
4. Live healthier: Motivates an overall better well-being
5. Attitude of gratitude: Stimulates one to be more appreciative

How to use delayed gratification with your child

1. Cook
2. Buy a calendar
3. Guide problem-solving skills
4. Open a savings account
5. Set deadlines
6. Consistently reward self-control
7. Teach your child to listen and not interrupt
8. Learn to say “no” to your child when appropriate
9. Create a wish-list with your child
10. Teach your child about distraction techniques
11. Develop the “If- then” plans
12. Encourage your child to prioritize
13. Give your child tasks to receive a reward
14. Celebrate achievements & teach positive self-talk
15. Teach your child to **wait!**

5 strategies:

1. Avoidance: Out of sight, out of mind.
2. De-emphasis of rewards: Distract from the reward rather than focusing on a future reward.
3. Positive distraction: Give them something else that is fun to think and play with.
4. Abstraction: Encourage to make the objects abstract properties interesting.
5. Self-directed speech: Teach your child limits.