



zì kòng

自控

noun · self-control

Example Sentences

tā quē fá zì kòng néng lì
他缺乏自控能力。

He lacks self-control ability.

xué huì zì kòng duì jiàn kāng shēng huó hěn zhòng yào
学会自控对健康生活很重要。

Learning self-control is important for a healthy life.

Trace each character, then write the word on your own.

自	自	自	自	自	自	自	自	自		
控	控	控	控	控	控	控	控	控	控	控
控	控	控								