Self-control refers to the ability to execute goal-oriented behavior despite the presence of temptation(s) to do otherwise. Since self-control has a wide-range impact on our daily lives, it is of critical importance to assess individual differences of self-control with a highly reliable and valid, yet simple, measure. Toward this end, three studies were conducted to test reliability and validity of the Japanese-translated version of Brief Self-Control Scale (Tangney, Baumeister, & Boone, 2004). The scale showed good internal consistency (Study 1) and retest reliability (Study 2). The total score of the scale was correlated with the self-reported indices of self-control (e.g., daily experience of ego-depletion, study hours) and performance in the Stop Signal Task (Study 3), indicating its high converging validity.

**Keywords:** self-control, self-regulation, impulsiveness, goal, temptation.