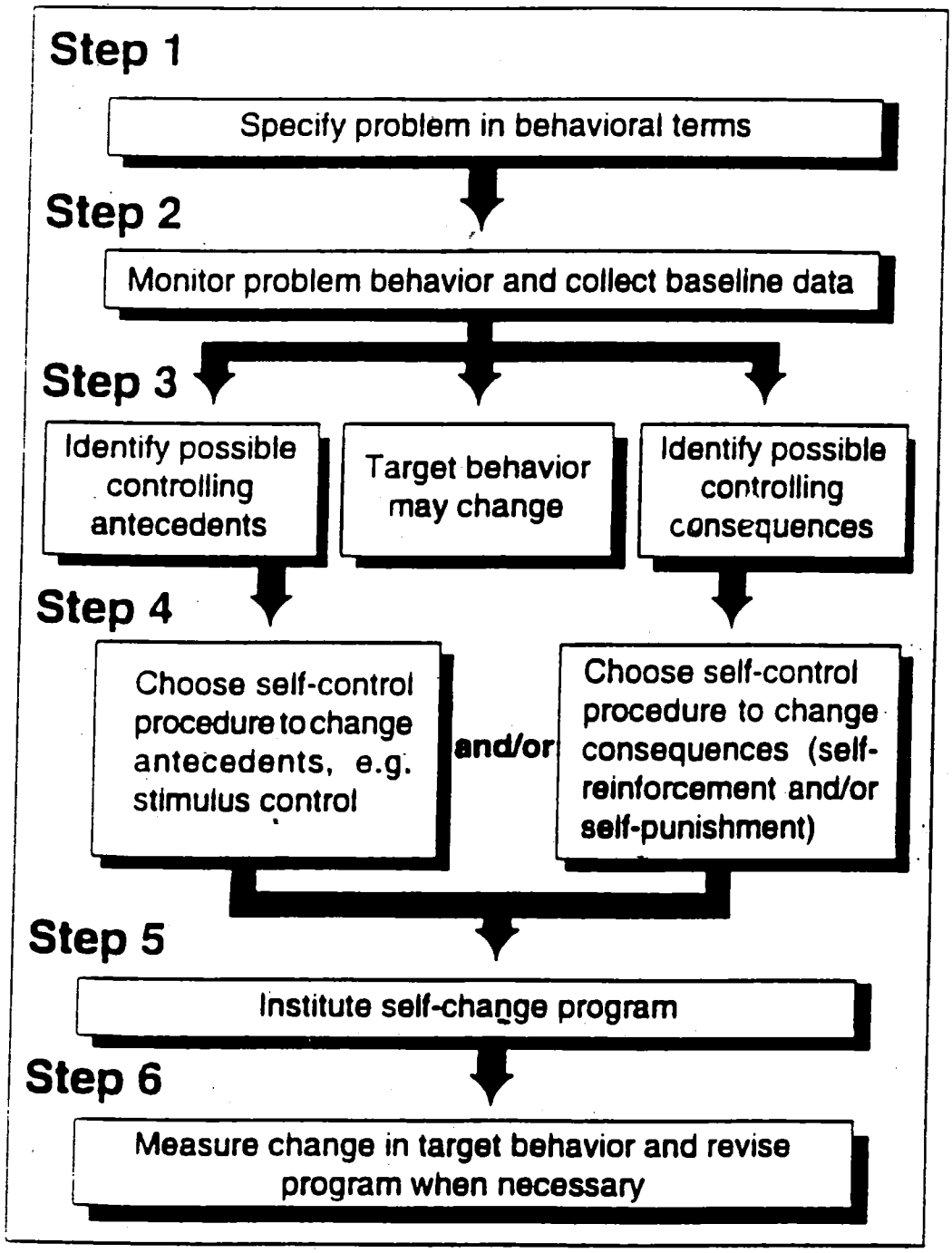Designing a Self–Control Program