

managing

impulse

CONTROL

you can do it!

Do you often find yourself wondering why you can't manage your impulse control - don't worry, you're not alone.

With techniques and practice you can learn how to: **STOP. THINK. DECIDE.**

1. STOP

Reflect and take a second to just **stop**. Stop whatever it is you're doing and think carefully about the next step to take.



It is difficult to stop what you're doing if you suffer from lack of impulse control, but with practice, you can learn to take a moment to stop and think before making a decision.

Imagine you're waiting to cross the road on busy pedestrian and no cars are coming but the little walking man light for you has not yet flashed. You desperately want to cross, but before you put your foot down on the street, you decide to stop. Something isn't right...

Imagine your mind like a traffic light

Before you act impulsively, the traffic light suddenly flashes in your head. It's flashing red. What do you do? **STOP.**

2. THINK

Now that the light has turned from red to yellow its time to **THINK**. Having a hard time making a decision? Imagine your options like the pyramid below, with the tip (01) being your best option. You want to work your way from the bottom (10) to the top. What is the first option that comes to mind? If it seems impulsive, go to the next block of your pyramid until you reach the top. The best choice should be based on consequences of your actions.



⇒ What considering which action is the best solution, take into the account the following:

- **What will be the consequences of my actions?**
- **Is it worth it?**
- **Will this hurt someone else or myself?**
- **Is your choice responsible and safe?**



3

DECIDE

Now that you've evaluated your options, it's time to make a **decision**. Using methods such as the stoplight method and the pyramid can help prevent you from making drastic and sometimes life-altering decisions.