

Impulse Control Worksheets

1. What triggers my impulsive behavior? (e.g. stress, anxiety, boredom, peer pressure, substance abuse, emotional dysregulation, etc.)

2. How do my impulsive actions affect my life and relationships?

3. How can I learn to recognize when I am about to act impulsively and how can I take steps to prevent it?

4. What techniques have I tried in the past that have been successful in helping me control my impulses, and how can I incorporate these into my daily routine?

5. What are some healthy coping mechanisms I can use when I feel the urge to act impulsively? (e.g. mindfulness, distractions, exercise, journaling, reaching out to a safe person, delaying action, etc.)

6. Who are some people in my life who can support me in managing my impulsive behavior, and how can I enlist their help?

7. What steps can I take to hold myself accountable for my actions and make amends when my impulsivity causes harm to others? (e.g. apologizing, making amends, seeking help, etc.)
