






Free Impulse control worksheet

Follow each step mentioned below, first STOP, then take deep breaths, and then observe after pausing for a while, if you are still emotionally charged then pull back, and then after giving yourself some more time, act. Now keep practicing the same pattern.

 Stop	 Take a deep Breath	 Observe	 Pull back	 Practice

References

[Garrett, K. J., & Giddings, K. \(2014\). Improving impulse control: using an evidence-based practice approach. *Journal of evidence-based social work*, 11\(1-2\), 73–83. <https://doi.org/10.1080/15433714.2013.840197>](#)

[Donahue, C. B., Odlaug, B. L., Grant, J. E. \(2011\). *Treating Impulse Control Disorders: A Cognitive-Behavioral Therapy Program, Therapist Guide*. United Kingdom: Oxford University Press, USA.](#)

You can download more Mental Health worksheets [here](#).

Please note: There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.