

# IMPULSE CONTROL THERAPY WORKSHEETS FOR ADULTS: Version 2

Following are the strategies that you can use whenever you feel like getting out of control.

## **STOPP:**

Look around and STOP, Stop the reaction, and Think- give yourself time to reflect, analyze, take a breath, and then Act.

## **Take a moment:**

Whenever you feel out of your control and want to react immediately right after the action then start counting, the rule is to count to 10 before you speak. If very angry, a hundred.

## **Engage yourself somewhere else:**

Try to engage your mind in something productive or that keeps your mind busy. Try to get rid of the negative thoughts and behaviors.

## **Get a hobby:**

Get a hobby, do something that you enjoy doing. Engage yourself in some constructive activities.

## **Stress Ball:**

Wherever you feel emotional or like getting out of control then it is important to keep a ball that you can use as a stress buster.

## **Deep Breathing**

Breath in and breathe out, 3 -5 times in a day, 4 seconds inhaling, 4 seconds holding your breath, and 4 seconds exhaling. This is how you are supposed to do deep breathing.

## **Relaxation Techniques**

Progressive Muscle Relaxation and Yoga are some of the options that you can try whenever you feel that you are unable to control your anger.

## **Exercise:**

Go for a walk or a swim. Anything that relaxes your mind and gives you peace of mind. Physical exercise is very important, running releases endorphins. Exercise isn't just good for the body. It also has a powerful effect on mental well-being. People who exercise regularly are happier across the board. Plus, they're also less stressed, angry, anxious, and depressed. It doesn't really matter what kind of exercise you do, so long as you do it regularly.

**Time out:**

This simply means removing yourself from the situation for a period of time, to give yourself a chance to cool down and think things through before you act., when you notice yourself becoming angry during an argument with your partner, say “I need to take time out, let’s talk about this calmly when I get back” and then go for a walk.

**Distraction:**

If you cannot change the situation, it can help to distract yourself from whatever is making you angry by counting to 10, listening to music, calling a friend to chat about something else, or doing housework. For example, if you are stuck in traffic and getting angry, put on the radio and try to find a song you like, or count the number of times the chorus is sung.

**Silly humor:** While it is not always possible to just ‘laugh your problems away, you can often use humor to help you to take a step back from your emotions if somebody made fun of you and laugh it away.

**Take a shower:**

- Water relaxes you and calms you down.
- Blow bubbles
- Engage in coloring activities.
- Maintain a happy journal
- Use Diaries