

## Impulse control worksheets for youth PDF

What makes you impulsive?

What do you do when you become impulsive?

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Impulse control tips and strategies:

<p><i>When you have acted in a certain way after a trigger, just think of any other ways that you could have acted and have made a difference.</i></p> <p><i>Think and write down those ways and try to practice them the next time you face triggers.</i></p>	<p><i>When you feel like you are really impulsive, try to look around and observe your surroundings. Use your senses and try to use them to make yourself more focused on surroundings and less focus on the triggers.</i></p>
<p><i>Stop and take a pause.</i></p> <p><i>After you have faced a trigger try to stop and see what you can sense in your body. Observe the physical changes.</i></p>	<p><i>When you feel impulsive toward others try to empathize with others. In this way, your impulsive emotions will decrease.</i></p>