

Examining Impulsivity

What Does Impulsivity Look Like?

What does impulsivity mean to you? Describe what impulsive behaviors might look like in each of the following settings. When are you more in control? When do you feel less in control?

HOME	SCHOOL	COMMUNITY

How Does Impulsivity Impact Me?

How does acting impulsively impact me in each of these settings? When does impulsivity impact performance the most? What are the negative and positive consequences of being impulsive?

HOME	SCHOOL	COMMUNITY