

Stop and Think! Managing Impulsivity

Identify a time when you acted impulsively (e.g., talking to a parent or friend, completing work). In the chart that follows, think about the situation and the outcomes if you had stopped and thought about your response compared to when you acted impulsively.

Behavior or Situation: _____

	Stop and Think About It	Act on Impulse
What will you say?		
What are your actions?		
How do you feel?		
How will others react?		