

HEALING THROUGH IMPULSE CONTROL

Impulse Control & Stability Worksheet

1. Pause & Ground (Do this FIRST)

Before acting on any strong urge:

- What am I about to do?
- What emotion is driving this? (circle one)
 - Anger / Anxiety / Shame / Frustration / Loneliness / Boredom / Other: _____
- Rate intensity (1-10): ____

Grounding Prompt (1-2 minutes):

- Name 5 things you see
- 4 things you feel
- 3 things you hear
- 2 things you smell
- 1 thing you taste

Reminder: “This feeling is temporary. I don’t have to act on it.”

2. Thought Check (Overthinking → Reality)

What story am I telling myself?

Example: “This job isn’t right for me—I need to quit now.”

Evidence FOR this thought:

Evidence AGAINST this thought:

More balanced thought:

“I may be frustrated, but quitting immediately could hurt me. I can take time to evaluate.”

3. Impulse vs Outcome

If I act on this impulse right now, what happens?

Short-term:

Long-term:

If I WAIT 24–72 hours:

Short-term:

Long-term:

Key Question:

“Will this decision move my life forward or create more chaos?”

4. Pattern Awareness (ADHD + Trauma Insight)

Check any that apply in this moment:

- ☐ I feel overwhelmed and want relief NOW
- ☐ I’m reacting to something from the past (not just this moment)
- ☐ I feel rejected, disrespected, or misunderstood
- ☐ I want control because things feel unstable
- ☐ I’m bored and need stimulation

Reflection:

- When have I felt this before? _____
- Is this reaction bigger than the situation? Yes / No

5. Delay Strategy (Build Stability Muscle)

Choose ONE:

- ☐ Wait 10 minutes
- ☐ Wait 1 hour
- ☐ Wait 24 hours

During the delay, do:

- ☐ Walk / move body
- ☐ Drink water / eat something
- ☐ Text someone safe
- ☐ Write it out instead of acting

Rule: “No major decisions in emotional spikes.”

6. Relationship Protection Check

Before cutting someone off or reacting:

- What exactly did they do? (facts only)
- What did I FEEL about it?
- Did I communicate clearly? Yes / No

Healthy alternative:

“Instead of reacting, I could say:
_____”

7. Identity Anchor (Who You Are vs What You Feel)

Complete this:

- I am a man who values: _____
- The kind of life I want: _____
- The kind of man I’m becoming: _____

Question:

“Does this decision align with that man?”

8. Mindfulness Reflection

Answer honestly:

- What am I avoiding right now? _____
- What do I actually need? (rest, clarity, connection, structure, purpose)
- What would a calm version of me do? _____

9. Quick Reset Script (Use in the moment)

Say this out loud or in your head:

“I feel intense right now, but I don’t need to act on it.
I’ve made impulsive decisions before that hurt me.
I’m choosing to pause, think, and respond—not react.”

10. End-of-Day Reflection

- What impulse did I manage today? _____
- What triggered me most? _____
- What did I do better than before? _____
- What will I try differently tomorrow? _____

Weekly Pattern Questions

- What situations trigger my impulsivity the most?
- Am I more reactive when tired, stressed, or bored?
- What are the top 3 decisions I regret from acting too fast?
- What would have changed if I paused?

Key Insight (Important)

Impulsivity here isn't just "lack of discipline" — it's often:

- **ADHD brain seeking relief or stimulation**
- **Trauma brain seeking control or protection**

So the goal is NOT perfection.

It's **building space between feeling and action.**

