

## Module Reducing impulsivity

### Experiences with impulsivity

Create an overview of your impulsive behavior by noting down the kinds of impulsive behavior and the consequences you experience.

| Kinds of impulsive behavior | Experienced consequences |
|-----------------------------|--------------------------|
|                             |                          |
|                             |                          |
|                             |                          |
|                             |                          |
|                             |                          |
|                             |                          |
|                             |                          |
|                             |                          |
|                             |                          |
|                             |                          |
|                             |                          |
|                             |                          |
|                             |                          |
|                             |                          |

## Functional analysis of impulsive behavior

- Table 1: Record different determinants of a situation with impulsive behavior in the columns below. Note down the (basic) emotions you have experienced: anger, fear, happiness, sadness, disgust and surprise in the column 'emotion'.
- Table 2: Write down strategies to enhance goal-directed behavior that is not based on impulsive reactions.

| Situation | Thought | Emotion | Behavior | Consequence                           |
|-----------|---------|---------|----------|---------------------------------------|
|           |         |         |          | <u>Short term</u><br><u>Long term</u> |
|           |         |         |          | <u>Short term</u><br><u>Long term</u> |
|           |         |         |          | <u>Short term</u><br><u>Long term</u> |
|           |         |         |          | <u>Short term</u><br><u>Long term</u> |

|  |
|--|
| <b>Possible strategies to enhance goal-directed behavior that is not based on impulsive reactions:</b> |
|  |
|  |
|  |
|  |
|  |