

Impulse Control Worksheets

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◆◆◆ Impulse Control ◆◆◆

Trigger Identification

1. Describe a recent situation where you acted impulsively:

2. What were you doing before the impulse occurred?

3. What thoughts or feelings did you have just before the impulse?

4. What was the trigger for your impulsive behavior?

5. How intense was the impulse on a scale of 1-10?

Reflection

1. How did the impulsive behavior impact you and others around you?

2. What were the immediate and long-term consequences?

Impulse Control Worksheets: Your Guide to Mastering Self-Regulation

Are you struggling to manage impulsive behaviors? Do you find yourself acting before thinking, leading to regret and frustration? You're not alone. Many people experience challenges with impulse control, impacting various aspects of their lives. This comprehensive guide provides you with a deep dive into the world of impulse control worksheets, offering practical tools and strategies to help you regain control and cultivate self-regulation. We'll explore different types of worksheets, how to use them effectively, and the benefits of incorporating them into your self-improvement journey. Get

ready to take charge of your actions and build a more fulfilling life.

Understanding Impulse Control and Its Challenges

Impulse control refers to the ability to resist urges and temptations, delaying gratification to achieve long-term goals. Lack of impulse control can manifest in various ways, from overspending and substance abuse to anger outbursts and risky behaviors. Understanding the root causes of your impulsive tendencies is the first step towards effective management. This might involve exploring underlying mental health conditions, identifying triggers, and recognizing the consequences of your actions. These insights are crucial for successfully using impulse control worksheets.

Types of Impulse Control Worksheets

Different worksheets cater to various needs and approaches to self-regulation. Here are a few examples:

1. Identifying Triggers and Responses:

This type of worksheet encourages you to pinpoint situations, thoughts, or feelings that trigger impulsive behavior. You then analyze the subsequent actions and their consequences. This exercise promotes self-awareness, a crucial component of managing impulsivity. By identifying patterns, you can proactively develop coping mechanisms.

2. Developing Coping Strategies:

Once you understand your triggers, you need effective coping strategies. Worksheets can guide you in brainstorming healthy alternatives to impulsive actions. This might involve deep breathing exercises, mindfulness techniques, or seeking support from a trusted individual. The worksheet provides a structured space to plan and practice these strategies.

3. Goal Setting and Action Planning:

Impulse control is often linked to difficulty with long-term planning. These worksheets help you define specific, measurable, achievable, relevant, and time-bound (SMART) goals. They then guide you in breaking down those goals into smaller, manageable steps, making the process less overwhelming and more achievable.

4. Self-Monitoring and Reflection:

Tracking your progress is essential. These worksheets provide a daily or weekly log to monitor your impulses, triggers, responses, and the effectiveness of your coping strategies. Regular reflection on this data helps you identify areas for improvement and adjust your approach as needed.

How to Effectively Use Impulse Control Worksheets

The effectiveness of these worksheets depends on consistent and mindful usage. Here are some key tips:

Find the right worksheet: Experiment with different types to discover what resonates best with you.

Be honest with yourself: Accurate self-assessment is vital for progress.

Practice regularly: Consistent use is key to building new habits and strengthening self-regulation skills.

Seek professional guidance: If you're struggling, don't hesitate to seek support from a therapist or counselor. They can help you identify underlying issues and develop personalized strategies.

Be patient and kind to yourself: Changing behavior takes time and effort. Celebrate small victories and don't get discouraged by setbacks.

Benefits of Using Impulse Control Worksheets

Regular use of impulse control worksheets offers several significant benefits:

Increased self-awareness: You'll gain a deeper understanding of your triggers and patterns.

Improved emotional regulation: You'll learn to manage difficult emotions more effectively.

Enhanced decision-making skills: You'll make more thoughtful and considered choices.

Reduced impulsive behaviors: You'll experience a decrease in regrettable actions.

Improved relationships: Better self-regulation often leads to healthier and stronger relationships.

Increased self-esteem: Successfully managing impulses boosts your sense of self-efficacy and confidence.

Finding Impulse Control Worksheets

Many resources offer free and printable impulse control worksheets online. You can find them through reputable mental health websites, therapy platforms, and educational resources. Remember to choose worksheets that align with your specific needs and preferences.

Conclusion

Mastering impulse control is a journey, not a destination. By utilizing impulse control worksheets and consistently practicing the techniques outlined here, you can significantly improve your self-regulation skills and create a more fulfilling life. Remember that seeking professional help is a sign of strength, and combining therapy with these worksheets can accelerate your progress. Start today, and take the first step towards a more controlled and empowered future.

FAQs

1. Are impulse control worksheets suitable for children? Yes, adapted versions of these worksheets exist for children, often incorporating visuals and simpler language. A therapist or educational professional can guide you in selecting appropriate materials.
2. Can impulse control worksheets help with addiction? While not a standalone solution, these worksheets can be a valuable tool in conjunction with professional addiction treatment. They can help identify triggers and develop coping mechanisms.
3. How long does it take to see results from using these worksheets? The timeframe varies depending on individual factors. Consistent use over several weeks or months is typically needed to see significant improvements.
4. Are there any downsides to using impulse control worksheets? The main potential downside is the lack of personalized guidance. If you're struggling, working with a therapist is crucial to ensure effective application and address any underlying issues.
5. Can I create my own impulse control worksheet? Absolutely! Tailoring a worksheet to your specific needs can be highly beneficial. Consider the key aspects discussed above - identifying triggers, developing coping strategies, and tracking progress - when designing your own.

impulse control worksheets: Impluse Control Tonia Caselman, Joshua Cantwell, 2009-01-01 Impulse Control Activities & Worksheets for Middle School Students provides teachers, school counsellors, social workers and psychologists with tools to assist students in grades 6-8 with better impulse control. Lessons address the multiple areas that are affected by impulsivity such as academics, emotions, problem-solving, social skills, and romantic relationships. Expanding on existing evidenced-based practices for decreasing impulsivity, lessons provide specific, engaging activities and worksheets to use with groups or individuals. The activities are designed to teach students how to: understand the value of impulse control; use patience and tolerance; anticipate consequences; practice good problem-solving strategies; recognize and manage feelings; use impulse control with peers; practice good listening skills; Be the Boss of impulses; use impulse control with anger and anxiety; and more!

impulse control worksheets: Impulse Control Activities and Worksheets for Elementary School Students Tonia Caselman, Joshua Cantwell, 2009 This book provides activities and reproducible worksheets to help students think about and practice strategies to become more

reflective (vs. impulsive). Using cognitive-behavioural theory and techniques, it is intended to provide school personnel with tools to teach students how to stop and think before acting. The games, role-plays and worksheets are presented in a playful, but thoughtful manner to help engage children while they learn invaluable lessons about how to use self-control techniques. These activities teach children how to: understand impulse control; use patience and tolerance; anticipate consequences; practice good problem-solving; recognize and manage feelings; use impulse control with peers; practice good listening skills; Be the Boss of impulses; use impulse control with anger and anxiety; and more!

impulse control worksheets: *Overcoming Impulse Control Problems* Jon E. Grant, Christopher B. Donahue, Brian L. Odlaug, 2011-02-14 If you feel you are no longer in control of your behavior, that your actions may have interfered with your family, social, or working life, this workbook can help you take back control. Impulse control disorders (ICDs) include pathological gambling (PG), kleptomania/compulsive stealing (KM), pyromania/fire setting (PY), and compulsive buying (CB). ICDs are characterized by difficulties resisting urges to engage in behaviors that are excessive and/or ultimately harmful to oneself or others. ICDs are relatively common and can be significantly harmful - even life threatening. They can also be effectively treated with behavioral therapies. *Overcoming Impulse Control Problems* is written by researchers with years of experience studying the psychology of impulse control disorders. This book represents the treatment they have found to be the most effective at controlling urges to gamble, steal, set fires, and over-spend. It will also help you to better understand the true nature of impulse control problems, and will help to prevent future problems. Intended for use in conjunction with supervised therapy, this workbook includes various self-assessments and exercises designed to help you realize the truth behind your actions, and to reach the ultimate goal of changing your impulsive behaviors. This workbook and the corresponding therapist guide form a complete treatment package that will help you overcome your impulsive behaviors and learn skills that are useful for a lifetime.

impulse control worksheets: *What Were You Thinking?* Bryan Smith, 2018-01-23 Third-grader Braden loves to be the center of attention. His comic genius, as he sees it, causes his friends to look at him in awe. But some poor decisions, like ill-timed jokes, forces the adults in Braden's life to teach him about impulse control.

impulse control worksheets: *Managing Disruptive Behavior for Teens Workbook* John J. Liptak, Ester A. Leutenberg, 2015

impulse control worksheets: *Impulse Control* Tonia Caselman, 2005 Designed to provide school personnel with activities and reproducible worksheets to help students think about and practice strategies to become more reflective (vs. impulsive).

impulse control worksheets: *My Mouth is a Volcano* Julia Cook, 2005-01-01 Teaching children how to manage their thoughts and words without interrupting. Louis always interrupts! All of his thoughts are very important to him, and when he has something to say, his words rumble and grumble in his tummy, they wiggle and jiggle on his tongue and then they push on his teeth, right before he ERUPTS (or interrupts). His mouth is a volcano! But when others begin to interrupt Louis, he learns how to respectfully wait for his turn to talk. *My Mouth Is A Volcano* takes an empathetic approach to the habit of interrupting and teaches children a witty technique to help them manage their rambunctious thoughts and words. Told from Louis' perspective, this story provides parents, teachers, and counselors with an entertaining way to teach children the value of respecting others by listening and waiting for their turn to speak.

impulse control worksheets: *Hunter and His Amazing Remote Control* , 2000 Teach self-control to your third and fourth grade children by using their buttons on their remote controls. The book contains an activity guide and an illustrated storybook.

impulse control worksheets: *Think Before You Act: Impulse Control* Sarah Machajewski, 2019-07-15 Social and emotional learning (SEL) requires students to develop critical skills that will help them thrive in any environment and build healthy relationships. With a focus on the SEL concept of self-management, this book introduces students to impulse control and self-regulation,

two skills that align with the CASEL critical competencies. Told through an age-appropriate lens of support and encouragement, this guide helps students understand impulse control and why it is an important skill. It also provides various strategies they can use to practice impulse control in real-life situations. Students are encouraged to think first on their way to building advanced social and emotional skills.

impulse control worksheets: The Borderline Personality Disorder Workbook Daniel J. Fox, 2019-05-01 Introducing a breakthrough, integrative approach to managing your borderline personality disorder (BPD). If you've been diagnosed with BPD you may feel a number of emotions—including shock, shame, sadness, abandonment, emptiness, or even anger. Even worse, you may be tempted to research your diagnosis online, only to find doomsday scenarios and terrible prognoses everywhere you click. Take a deep breath. You can get through this—and this workbook will help guide you. Despite what you may have read or been told, BPD is not the worst thing that can happen to you. Like many mental health issues, it manifests on a spectrum, and while some people may encounter extreme symptoms and consequences on one end, others may be less affected on the other. What do you all have in common? You likely experience difficulty balancing your emotions, thoughts, and behaviors. And you may even have trouble seeing yourself clearly—continuously switching from the hero to the villain of the story you've written about your life. So, how can you make sense of it all and start on the road to healing? Rather than utilizing a one-size-fits-all treatment, this groundbreaking and comprehensive workbook meets you where you are on your therapeutic journey, and provides an integrative approach to treating BPD drawing on evidence-based dialectical behavior therapy (DBT), acceptance and commitment therapy (ACT), cognitive behavioral therapy (CBT), and interpersonal therapy. With this compassionate workbook, you'll gain a greater understanding of your BPD, uncover your own emotional triggers, and discover your own personal motivators for positive change. Your BPD has determined how you see and live your life, but it doesn't have to define you forever. With this workbook as your guide, you'll be ready to face your diagnosis head-on, and take those important first steps toward lasting wellness.

impulse control worksheets: DBT Skills Training Handouts and Worksheets Marsha M. Linehan, 2014-10-28 Featuring more than 225 user-friendly handouts and worksheets, this is an essential resource for clients learning dialectical behavior therapy (DBT) skills, and those who treat them. All of the handouts and worksheets discussed in Marsha M. Linehan's DBT Skills Training Manual, Second Edition, are provided, together with brief introductions to each module written expressly for clients. Originally developed to treat borderline personality disorder, DBT has been demonstrated effective in treatment of a wide range of psychological and emotional problems. No single skills training program will include all of the handouts and worksheets in this book; clients get quick, easy access to the tools recommended to meet their particular needs. The 8 1/2 x 11 format and spiral binding facilitate photocopying. Purchasers also get access to a webpage where they can download and print additional copies of the handouts and worksheets. Mental health professionals, see also the author's DBT Skills Training Manual, Second Edition, which provides complete instructions for teaching the skills. Also available: Cognitive-Behavioral Treatment of Borderline Personality Disorder, the authoritative presentation of DBT, and Linehan's instructive skills training DVDs for clients--Crisis Survival Skills: Part One and This One Moment.

impulse control worksheets: Anger Management for Substance Abuse and Mental Health Clients Patrick M. Reilly, 2002

impulse control worksheets: The Marshmallow Test Walter Mischel, 2014-09-23 Renowned psychologist Walter Mischel, designer of the famous Marshmallow Test, explains what self-control is and how to master it. A child is presented with a marshmallow and given a choice: Eat this one now, or wait and enjoy two later. What will she do? And what are the implications for her behavior later in life? The world's leading expert on self-control, Walter Mischel has proven that the ability to delay gratification is critical for a successful life, predicting higher SAT scores, better social and cognitive functioning, a healthier lifestyle and a greater sense of self-worth. But is willpower prewired, or can it be taught? In The Marshmallow Test, Mischel explains how self-control can be mastered and

applied to challenges in everyday life -- from weight control to quitting smoking, overcoming heartbreak, making major decisions, and planning for retirement. With profound implications for the choices we make in parenting, education, public policy and self-care, The Marshmallow Test will change the way you think about who we are and what we can be.

impulse control worksheets: Stop Me Because I Can't Stop Myself Jon Grant, S.W. Kim, 2004-03-12 Most of us have urges to engage in behaviors we know are not good for us, from splurging on gifts we can't afford to gambling. But when these urges become too much to handle, we can suffer intense emotional distress, putting our friendships, relationships, and jobs in jeopardy. Impulse control disorders are often difficult to recognize, even for those who struggle with them, but they are not uncommon. Now, the nation's leading specialists in the field offer a powerful self-help guide for the estimated 35 million sufferers and their loved ones. Stop Me Because I Can't Stop Myself tackles the essential questions on the road to healing. Also included in this hopeful and encouraging book are compelling first-hand stories of the authors' patients and invaluable analyses of groundbreaking new treatments.

impulse control worksheets: Willpower Roy F. Baumeister, John Tierney, 2011-09-01 One of the world's most esteemed and influential psychologists, Roy F. Baumeister, teams with New York Times science writer John Tierney to reveal the secrets of self-control and how to master it. Deep and provocative analysis of people's battle with temptation and masterful insights into understanding willpower: why we have it, why we don't, and how to build it. A terrific read. —Ravi Dhar, Yale School of Management, Director of Center for Customer Insights Pioneering research psychologist Roy F. Baumeister collaborates with New York Times science writer John Tierney to revolutionize our understanding of the most coveted human virtue: self-control. Drawing on cutting-edge research and the wisdom of real-life experts, Willpower shares lessons on how to focus our strength, resist temptation, and redirect our lives. It shows readers how to be realistic when setting goals, monitor their progress, and how to keep faith when they falter. By blending practical wisdom with the best of recent research science, Willpower makes it clear that whatever we seek—from happiness to good health to financial security—we won't reach our goals without first learning to harness self-control.

impulse control worksheets: Breaking Negative Thinking Patterns Gitta Jacob, Hannie van Genderen, Laura Seebauer, 2015-03-16 Breaking Negative Thinking Patterns is the first schema-mode focused resource guide aimed at schema therapy patients and self-help readers seeking to understand and overcome negative patterns of thinking and behaviour. Represents the first resource for general readers on the mode approach to schema therapy Features a wealth of case studies that serve to clarify schemas and modes and illustrate techniques for overcoming dysfunctional modes and behavior patterns Offers a series of exercises that readers can immediately apply to real-world challenges and emotional problems as well as the complex difficulties typically tackled with schema therapy Includes original illustrations that demonstrate the modes and approaches in action, along with 20 self-help mode materials which are also available online Written by authors closely associated with the development of schema therapy and the schema mode approach

impulse control worksheets: Teaching Tips Spence Rogers, 1999 Practical, immediately usable, and teacher-tested tips from leaders in effective instructional practices for increasing student motivation and learning.

impulse control worksheets: Cognitive-Behavioural Integrated Treatment (C-BIT) Hermine L. Graham, 2004-01-09 This exciting new book addresses the important issue of how to provide integrated mental health and substance misuse treatment of individuals with these co-occurring disorders. Combining both theory and practice, by the use of illustrative clinical case material, it provides a survey of different approaches to the integration of mental health and substance misuse services. A unique collection of chapters, from authors who are experts in the field and pioneering innovative approaches, provides an international perspective (including UK, Germany, Australia, USA, Canada) of treatment. Arranged in five sections, Section 1 provides an introduction to the issue

of substance misuse amongst those with psychosis. Section 2 introduces a range of integrated service models from different countries. The third section provides a practical hands-on guide to assessment and treatment. The fourth section addresses the specific treatment needs of special population groups (including young people, forensic groups, homeless people and those with HIV/AIDS). The final section examines treatment outcome studies and implications for the future. Clinical psychologists, psychiatrists, nurses, case managers, and psychiatric social workers in training and practice in clinic, hospital and community settings will find this book an essential practical resource for working with individuals (and their families) with co-occurring disorders.

impulse control worksheets: *Stop, Think, Act* Megan M. McClelland, Shauna L. Tominey, 2015-08-27 *Stop, Think, Act: Integrating Self-regulation in the Early Childhood Classroom* offers early childhood teachers the latest research and a wide variety of hands-on activities to help children learn and practice self-regulation techniques. Self-regulation in early childhood leads to strong academic performance, helps students form healthy friendships, and gives them the social and emotional resources they need to face high-stress situations throughout life. The book takes you through everything you need to know about using self-regulation principles during circle time, in literacy and math instruction, and during gross motor and outdoor play. Each chapter includes a solid research base as well as practical, developmentally-appropriate games, songs, and strategies that you can easily incorporate in your own classroom. With *Stop, Think, Act*, you'll be prepared to integrate self-regulation into every aspect of the school day.

impulse control worksheets: *Flexible and Focused* Adel C. Najdowski, 2016-12-28 *Flexible and Focused: Teaching Executive Function Skills to Individuals with Autism and Attention Disorders* is a manual written for individuals who work with learners who struggle with executive function deficits. The manual takes the perspective that executive function skills can be improved through effective intervention, just like any other skills. This how-to manual provides practical strategies for teaching learners to be focused, organized, flexible, and able to effectively manage themselves. Ready-to-use lessons, data sheets, worksheets, and other tools for practitioners, educators, and parents are provided to help them tackle common problems associated with executive function deficits in learners of any diagnosis, ages 5 to adult. The principles of applied behavior analysis (ABA), which form the foundation of this manual, are translated into simple, easy-to-use procedures. Lessons for improving executive function skills in real-life everyday situations are provided in the following areas: - Self-awareness - Inhibition and impulse control - Self-management - Attention - Organization - Problem solving - Time management - Planning - Working memory - Emotional self-regulation - Flexibility - Provides an overview of what constitutes executive function skills - Outlines how techniques based on applied behavior analysis can be used to teach skills - Presents step-by-step lessons for practitioners, educators, and parents to implement with individuals with executive function deficits - Includes data sheets, task analyses, worksheets, and visual aids

impulse control worksheets: *Treating Impulse Control Disorders* Jon E. Grant, Christopher B. Donahue, Brian L. Odlaug, 2011-02-14 This guide includes all the information and materials necessary to implement a successful cognitive behavioral therapy program for impulse control disorders (CBT-ICD).

impulse control worksheets: *Anger Management Workbook for Kids* Samantha Snowden, 2018-11-27 *The Anger Management Workbook for Kids* offers kid-friendly exercises and interactive activities to feel happier, calmer, and take control of anger. Everyone gets angry, but teaching kids how to respond to anger is what really matters. The *Anger Management Workbook for Kids* offers fun, interactive activities to help kids handle powerful emotions for a lifetime of healthy behavioral choices. From drawing a picture of what anger looks like to building a vocabulary for communicating feelings, the activities in this workbook give kids ages 6-12 the skills to understand and talk about anger habits and triggers. With this foundation, kids will learn positive and proactive strategies to deal with anger through gratitude, friendliness, and self-kindness. At home, school, or with friends, the *Anger Management Workbook for Kids* equips kids to take control of anger, with: A close look at anger that helps kids and parents identify habits and triggers, and recognize how anger feels to

them. Interactive exercises that provide a fun format for learning how to communicate feelings, needs, and wants to take control of angry outbursts. Feel-good habits that help kids develop better responses to anger by cultivating self-kindness, joy, and appreciation. Anger is a regular emotion just like joy, sadness, and fear--but sometimes anger acts bossy. Give your kids the power to say STOP to anger with the Anger Management Workbook for Kids.

impulse control worksheets: *The Zones of Regulation* Leah M. Kuypers, 2011 ... a curriculum geared toward helping students gain skills in consciously regulating their actions, which in turn leads to increased control and problem solving abilities. Using a cognitive behavior approach, the curriculum's learning activities are designed to help students recognize when they are in different states called zones, with each of four zones represented by a different color. In the activities, students also learn how to use strategies or tools to stay in a zone or move from one to another. Students explore calming techniques, cognitive strategies, and sensory supports so they will have a toolbox of methods to use to move between zones. To deepen students' understanding of how to self-regulate, the lessons set out to teach students these skills: how to read others' facial expressions and recognize a broader range of emotions, perspective about how others see and react to their behavior, insight into events that trigger their less regulated states, and when and how to use tools and problem solving skills. The curriculum's learning activities are presented in 18 lessons. To reinforce the concepts being taught, each lesson includes probing questions to discuss and instructions for one or more learning activities. Many lessons offer extension activities and ways to adapt the activity for individual student needs. The curriculum also includes worksheets, other handouts, and visuals to display and share. These can be photocopied from this book or printed from the accompanying CD.--Publisher's website.

impulse control worksheets: Overcoming Your Alcohol or Drug Problem Dennis C. Daley, G. Alan Marlatt, 2006-06-15 A substance use problem exists when one experiences any type of difficulty related to using alcohol, tobacco, or other drugs including illicit street drugs or prescribed drugs such as painkillers or tranquilizers. The difficulty can be in any area of life; medical or physical, psychological, family, interpersonal, social, academic, occupational, legal, financial, or spiritual. This expanded new edition of the successful Graywind Publications title provides the reader with practical information and skills to help them understand and change a drug or alcohol problem. Designed to be used in conjunction with therapy or counseling, it focuses on special issues involved in stopping substance use and in changing behaviors or aspects of one's lifestyle that keep the substance use problem active. The information presented is derived from a wealth of research studies, and discusses the most effective recovery strategies from the examination of cognitive-behavioral treatment. TreatmentsThatWork™ represents the gold standard of behavioral healthcare interventions! · All programs have been rigorously tested in clinical trials and are backed by years of research · A prestigious scientific advisory board, led by series Editor-In-Chief David H. Barlow, reviews and evaluates each intervention to ensure that it meets the highest standard of evidence so you can be confident that you are using the most effective treatment available to date · Our books are reliable and effective and make it easy for you to provide your clients with the best care available · Our corresponding workbooks contain psychoeducational information, forms and worksheets, and homework assignments to keep clients engaged and motivated · A companion website (www.oup.com/us/ttw) offers downloadable clinical tools and helpful resources · Continuing Education (CE) Credits are now available on select titles in collaboration with PsychoEducational Resources, Inc. (PER)

impulse control worksheets: **Problem-Solving Therapy** Thomas D'Zurilla, PhD, Arthur M. Nezu, PhD, ABPP, 2006-09-18 MAXIMIZE POSITIVE PATIENT OUTCOMES Enhance Function--Avert Relapses--Present New Problems In this new updated edition, authors Thomas J. D'Zurilla and Arthur M. Nezu, present some of the most useful advances in problem-solving therapy (PST) today. An excellent resource for maximizing positive patient outcomes, this all-inclusive guide helps enhance your problem solving skills and apply successful clinical techniques to help your clients improve their lives. Known for its presentation of solid research results and effective PST training

tools, this best-selling guide has been fully updated to include: NEW research data on social problem solving and adjustment NEW studies on the efficacy of PST NEW social problem solving models NEW updated and more user-friendly therapist's training manual Written for a wide audience, from therapists and counselors to psychologists and social workers, this highly readable and practical reference is a must-have guide to helping your patients identify and resolve current life problems. The book set is designed to be read alongside its informal manual accompaniment, *Solving Life's Problems: A 5-Step Guide to Enhanced Well-Being* by D'Zurilla, Nezu, and Christine Maguth Nezu. Purchase of the two books as a set will get you these life-changing texts at an \$7.00 savings over the two books bought individually.

impulse control worksheets: *Come as You Are* Emily Nagoski, 2015-04-09 Researchers have spent the last decade trying to develop a 'pink pill' for women to function like Viagra does for men. So where is it? Well, for reasons this book makes crystal clear, that pill will never exist - but as a result of the research that's gone into it, scientists in the last few years have learned more about how women's sexuality works than we ever thought possible, and this book explains it all.

impulse control worksheets: *Don't Let Your Emotions Run Your Life* Scott E. Spradlin, 2010-05-07 When we are regularly undone by our emotions, we become victims of damaged relationships, trapped circumstances, self-sabotage, and illness. *Don't Let Your Emotions Run Your Life* offers help to all of us who want to gain the upper hand on our feelings and our lives. Even high reactors, people disposed to experiencing strong, even overwhelming emotions on a regular basis, will find its strategies easy to use and effective at managing frequent emotional flare-ups. This book develops proven DBT techniques into worksheets, exercises, and assessments that show you how to pay attention to emotions when they arise, assess blocks to controlling them, and overcome them to eliminate overpowering feelings. Learn what emotional triggers exist in your environment and become less judgmental about yourself when you do experience a surge. Avoid or reduce the distress that strong emotions cause you. This workbook teaches you to reduce the impact of painful feelings and increase the effects of positive ones so that you can tolerate life's ongoing stresses and achieve a sense of calm coexistence with your emotions.

impulse control worksheets: *Helping Young People Learn Self-Regulation* Brad Chapin, 2011-11-01 Self-regulation includes a universal set of skills necessary for academic success emotional control and healthy social interaction. With this single resource you will be able to address children's anger problems academic performance challenges anxieties school safety issues self-esteem social skills and much more. From the creator of the popular web-based Challenge Software program for children comes a resource that provides a solid yet flexible foundation for intervention. The individual strategies are presented in a simple step-by-step process using lessons activities and reproducible worksheets. These strategies can be used individually for a quick intervention with children. They can also be used to create dozens of unique curricula tailor-made to target specific problem areas for small groups or classrooms. AS the term 'self-regulation' suggests this approach focuses on teaching children how to regulate their own emotions and behaviors. The authors have split the self-regulation training process into three functional area: physical emotional and cognitive. Using strategies based soundly upon the evidence base of cognitive-behavioral psychology this resource will help you move children progressively through skill areas in each of these three domains. The strategies are creative fresh and engaging in a way to help create change quickly. This resource was designed to help professionals increase the long-term impact of their work with children. A CD-ROM of reproducible worksheets is included with the book.

impulse control worksheets: *Cognitive Behavior Therapy and Eating Disorders* Christopher G. Fairburn, 2008-04-21 This book provides the first comprehensive guide to enhanced cognitive behavior therapy (CBT-E), the leading empirically supported treatment for eating disorders in adults. Written with the practitioner in mind, the book demonstrates how this transdiagnostic approach can be used with the full range of eating disorders seen in clinical practice. Christopher Fairburn and colleagues describe in detail how to tailor CBT-E to the needs of individual patients, and how to adapt it for patients who require hospitalization. Also addressed are frequently

encountered co-occurring disorders and how to manage them. Reproducible appendices feature the Eating Disorder Examination interview and questionnaire. CBT-E is recognized as a best practice for the treatment of adult eating disorders by the U.K. National Institute for Health and Care Excellence (NICE).

impulse control worksheets: *Clark the Shark* Bruce Hale, 2016-07-05 When Mrs. Inkydink announces a class trip to the farmers' market, Clark is so excited he doesn't listen to her instructions. Clark gets lost in the crowd and has to use his rhyming to remember what Mrs. Inkydink said to do. Beginning readers will be

impulse control worksheets: *Somatic Psychotherapy Toolbox* Manuela Mischke-Reeds, 2018-07-10 Whether you're new to somatic approaches or a seasoned practitioner, this toolbox will be a game-changer in your work. From over 25 years of clinical experience, Manuela Mischke-Reeds, MA, LMFT, has created the go-to resource for mental health therapists who want to incorporate somatic techniques into their daily practice. Highly-effective for clients dealing with trauma and stress disorders, somatic psychotherapy is the future of healing the entire person-body and mind. Section-by-section, this toolbox guide the clinician through: - Targeted somatic interventions for trauma, stress and PTSD - Steps to incorporate the body into your current therapeutic approach - Mindfulness techniques and breath work - Starting guidelines, safety concerns and keys to success - Getting to know their own body to better use body work with clients

impulse control worksheets: *Creative Family Therapy Techniques* Liana Lowenstein, 2010 Bringing together an array of highly creative contributors, this comprehensive resource presents a unique collection of assessment and treatment techniques. Contributors illustrate how play, art, drama, and other approaches can effectively engage families and help them resolve complex problems. Practitioners from divergent theoretical orientations, work settings, or client specialisations will find a plethora of stimulating and useable clinical interventions in this book.

impulse control worksheets: *CBT Toolbox for Children and Adolescents* Lisa Phifer, Amanda Crowder, Tracy Elsenraat, Robert Hull, 2017-09 Inside this workbook you'll find hundreds of worksheets, exercises, and activities to help treat: - Trauma - ADHD - Autism - Anxiety - Depression - Conduct Disorders. Written by clinicians and teachers with decades of experience working with kids, these practical and easy-to-use therapy tools are vital to teaching children how to cope with and overcome their deepest struggles.

impulse control worksheets: *Bullying in the Girl's World* Diane Senn, 2007-03 Girl bullying/relationally aggressive behaviour appears to be motivated by underlying fear and insecurity. The first step to counteracting girl bullying is an awareness of the hidden causes of girl bullying. The second step is gaining an understanding that these are behaviours we don't have to accept. And the third step is sharing support and skill building for dealing with and/or reducing girl bullying behaviour. She includes a section on parent workshops and handouts. This book provides a school-based approach to girl bullying that includes class lessons, small group activities and ideas for individual counselling. The class lessons include stories, activities, suggestions and reproducible student worksheets. These strategies are not just for girls and can include the entire class. The group approach includes surveys, stories, strategies, student assessments, and group activities. The individual counselling section includes situation cards, activities, student worksheets, and a simple problem solving model.

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practitioners working in diverse settings and with clients presenting with various concerns. Theoretical Background and Integration: In addition to the practical exercises and techniques, the CBT Toolbox for Children and Adolescents includes valuable information on the theoretical underpinnings of CBT, as well as guidance on how to effectively integrate CBT into your existing practice. Supporting Materials: The book is accompanied by a range of supporting materials, including worksheets, handouts, and assessment tools, which can be easily reproduced for use with clients.

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