

Impulse control

Make Space Before an Everyday Impulse

Adults and teens 13+ | 10 to 15 minutes

An urge can feel immediate without requiring immediate action. This page is for everyday impulses, such as interrupting or sending a regrettable message. It is not a plan for self-harm, violence, dangerous substance use, or other urgent risks that need appropriate live support.

Choose a recent, manageable example. Write, draw, or discuss your answers. Skip anything that does not fit; this page is not a diagnostic assessment.

Find the decision point

Describe what happens just before the action: a notification, frustration, excitement, or fatigue. Identify a place where changing the environment could help, such as drafting a message without opening the recipient field.

Prepare a realistic alternative

Choose an action that serves the underlying need without creating the same problem. A pause might include requesting time, writing a reminder, or asking someone to repeat a question. Plan for access needs rather than relying only on willpower.

1. What everyday impulse do you want more choice about, and what tends to trigger it?**2. Where is the earliest practical point to insert a pause?****3. What environmental change or alternative action could meet the need more safely?****4. How will you review the outcome without turning a lapse into a character judgment?****Clinical use and adaptation**

Assess severity, mania, substance effects, ADHD, and immediate harm separately. Do not apply this generic exercise to self-harm or dangerous compulsive behavior without appropriate treatment. Adapt for executive-function and environmental constraints.