⚙ Inhibition Problems/Impulsivity

Impulsivity is when you find it hard to think before you act or say something. You might notice yourself cutting someone off before they finish talking or doing the first thing that comes to mind. You may also find it hard to control your emotions and show them in a way that others will understand. Even though you aren't doing those things on purpose, it can be frustrating. Using and practicing the following suggestions can be helpful:

1. **Stop, Think, Act!** When you notice yourself acting on the first thing that pops into your mind, STOP, and count to 3 while you think about the possible outcomes of what you are about to do.

2. If you are feeling stressed out or agitated, consider using a mindfulness activity or breathing technique to help you regain control. First, find five things in the room that you can see; find four things in the room that you can feel; notice three things in the room that you can hear; identify two things in the room that you can smell; focus on one thing in the room that you can taste.

3. When working with others in a group, write down your thoughts or ideas as they pop into your head. This can help you avoid interruptions.

4. If you find it hard to stay focused in any setting, physical or mental breaks can help. Get moving. For example, try walking around for 5 minutes before trying to focus again, or, offer to pass out or collect papers for your teacher in your classroom.

5. Sleep is essential for impulse control. Poor sleep can make it hard to think before you act or say something. Review the attached sleep checklist to help you sleep better.