

# Impulse Control Worksheet

## Impulse Control Worksheet

Name: \_\_\_\_\_

Use this Impulse Control to track and reflect on your impulses and the strategies you use to control them.

### ENTRY 1

Entry 1 Date and time of the impulse: \_\_\_\_\_

Description of the situation

Trigger for the impulse

Thoughts and feelings associated with the impulse

Actions taken to manage the impulse

Reflection on the strategies you use

Additional notes

### ENTRY 2

Entry 2 Date and time of the impulse: \_\_\_\_\_

Description of the situation

Trigger for the impulse

Thoughts and feelings associated with the impulse

Actions taken to manage the impulse

Reflection on the strategies you use

Additional notes

### ENTRY 3

Entry 3 Date and time of the impulse: \_\_\_\_\_

Description of the situation

Trigger for the impulse

Thoughts and feelings associated with the impulse

Actions taken to manage the impulse

Reflection on the strategies you use

Additional notes

#### ENTRY 4

Entry 4 Date and time of the impulse: \_\_\_\_\_

Description of the situation

Trigger for the impulse

Thoughts and feelings associated with the impulse

Actions taken to manage the impulse

Reflection on the strategies you use

Additional notes

#### ENTRY 5

Entry 5 Date and time of the impulse: \_\_\_\_\_

Description of the situation

Trigger for the impulse

Thoughts and feelings associated with the impulse

Actions taken to manage the impulse

Reflection on the strategies you use

Additional notes