

WEEK 6

GROUP ACTIVITY



10-15 MINUTES

Hand out the **Impulsive Behavior Worksheet** (page 127) and read the instructions for the participants.

By writing down your experiences and thoughts, you make it easier to understand patterns and it may show you what areas need improvement. You can share these patterns with your parents or PO.



DISCUSSION AND WRAP-UP

5-10 MINUTES

Hand out the *Take-Home Impressions form* and ask the participants to complete it. Use the following wrap-up questions and the answers to the take-home impressions form as prompts for this closing discussion:

Please share your responses to the take-home form.

- What piece(s) of information did you find most helpful? Most interesting? Most surprising?
- Can you think of any other strategies that can help you with your impulsivity?
- What role does belief in yourself play in your ability to overcome these challenges?
- Do you have question about the material we discussed today?
- How do you think that the stop-think-do model is helpful? How can you use this model in your own life?
- Is there any advice you want to share with your peers?