

# IMPULSIVE BEHAVIOR WORKSHEET

To begin, choose a specific and recent example of impulsive behavior. On a piece of paper, write the specific event at the top of the page and then draw a line vertically down the middle of the page.

On the left side of the page you will write down every *(T)hought, (F)eeling, (E)vent, (BS) Body Sensations* and *(B)ehaviors* leading up to and during the problem. You want this to be as detailed as possible.

After you have completed this, you will then write on the right-hand side alternative thoughts, skills, or tools you could use next time.

For example, if you tend to have problems with anger and you punched someone it might look like this:

|   |                            |
|---|----------------------------|
| I got angry, irritable, mad <i>(F)</i>      | Imagine my happy place     |
| I had not had breakfast that day <i>(E)</i> | Take time to eat something |
| Tense shoulders <i>(BS)</i>                 | Breathing exercise         |
| Punched another person <i>(E)</i>           | Walk away                  |