

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

