



Impulse Control

In a society where instant results are expected from food service to e-mail responses it can be difficult to maintain impulse control.

Being able to control your emotions and behaviors is essential for self-regard, successful interpersonal relationships, and stress tolerance.

When we react too quickly in a situation and follow our immediate emotions we're most likely to be irrational and will face some negative consequences. Impulse control requires us to pause and rationally think through the situation before taking action.

Things to practice:

The next time you want something sweet to eat, see how long you can delay the short-term gratification. Then begin to practice this on bigger issues.

Determine if you have a pattern of acting on impulse. What triggers it? What can you do differently the next time those emotions are triggered?