

## ***Impulse Control***

“The ability to resist or delay an impulse, drive or temptation to act” (Stein and Book, 2011, p. 204).

In The EQ Edge, the authors give us some helpful diagnostic questions to help us evaluate our own impulse control. The following are behaviors you might exhibit if you lack impulse control:

- I tend to move or react before thinking
- I become impatient easily
- Others seem too slow in making up their minds
- I often regret not giving more thought to responses to others and decisions I make
- I often make impulsive purchases

Pick an area in which you struggle with impulse control. Some common areas are anger, impatience, food, alcohol consumption, computer use, partying, or avoiding important tasks or studies because of lack of interest.

- ✓ What is one of your areas of challenge?
- ✓ What are the consequences when you do not control this impulse?
- ✓ When do you find it harder to control this impulse?
- ✓ What could motivate you to gain better control of this impulse?

Try to give yourself some very practical, small steps to take to grow in this area.

Here are some other tried and true methods:

- ✚ Physically remove yourself from the present situation that confronts you
- ✚ Observe a twenty second rule: say or do nothing until 20 seconds have passed
- ✚ Reality testing exercise: Process the situation with a friend who is emotionally removed from your situation. Perhaps you are viewing the situation without being objective.
- ✚ Think deeply about the impulse you are fighting along with the present circumstances
  - Why is this so difficult?
  - Is there some false belief/thinking I am holding that is keeping me from choosing wisely?

Understanding the deeper “want” in our thinking can be a powerful force in saying no to the impulse.

***(For further leadership development resources and opportunities, consult [www.ascend-international.com](http://www.ascend-international.com))***