

Impulse Control Worksheet

Name:

Use this Impulse Control Worksheet to track and reflect on your impulses and the strategies you use to control them.

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	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	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

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

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