

GETTING BETTER ALL THE TIME

# HOW TO CONTROL IMPULSES



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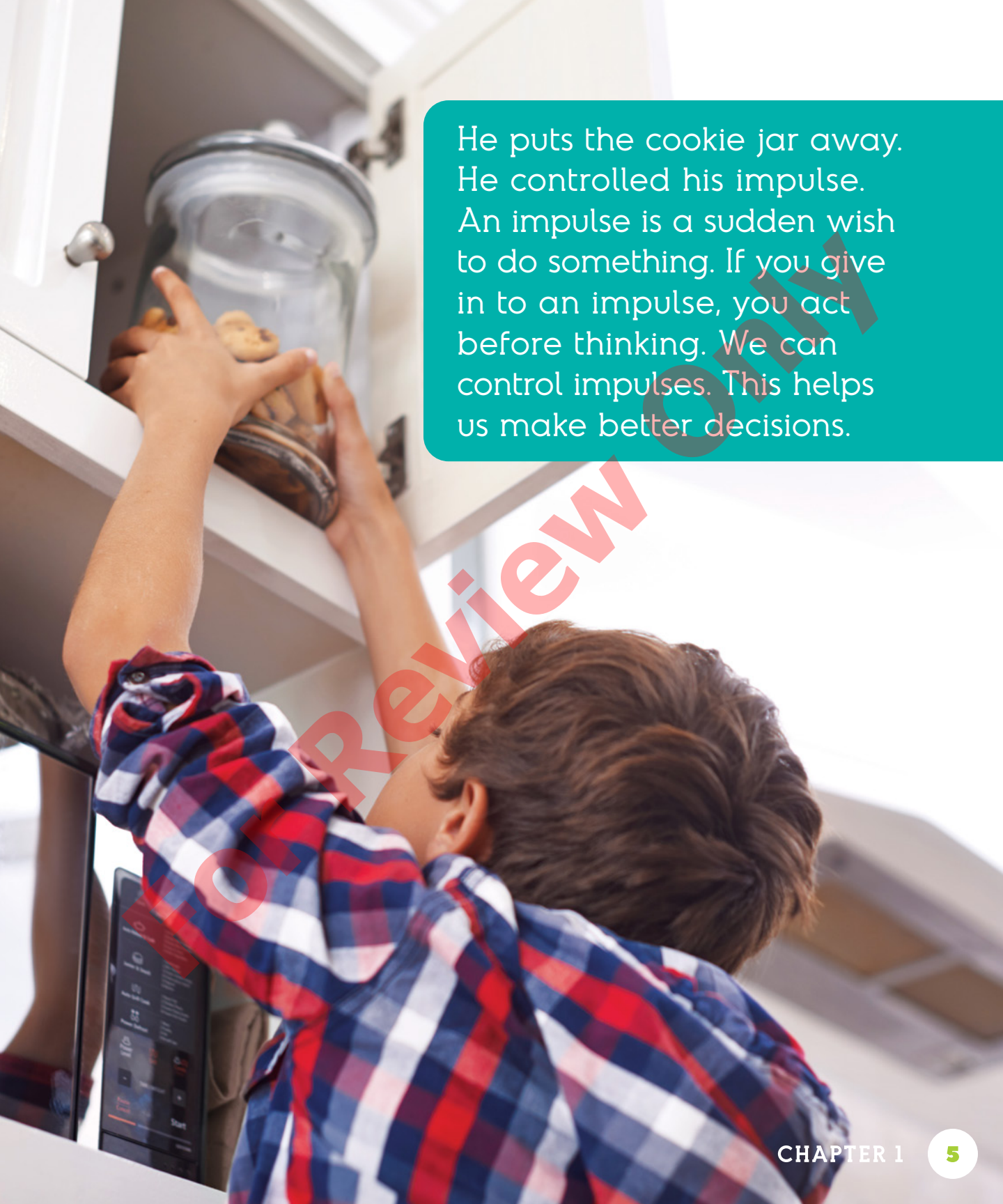
## CHAPTER 1

# WHAT ARE IMPULSES?

Greg eats one cookie. He wants more, but he got a stomachache the last time he ate too many. Greg stops himself.







He puts the cookie jar away.  
He controlled his impulse.  
An impulse is a sudden wish  
to do something. If you give  
in to an impulse, you act  
before thinking. We can  
control impulses. This helps  
us make better decisions.

## CHAPTER 2

# WHAT YOU CAN DO

Strong emotions may lead to impulses. For example, anger can make you want to scream or say something mean. If you are **annoyed**, you might stick out your tongue at someone. Acting on impulses might not be nice or safe.





When you feel an impulse, imagine a stop sign. Think about how your impulse could affect you and others. Ask yourself, "Is this a good idea? What will happen if I act on my impulse?" Then make the best decision.









Kenny's teacher asks a question.  
Kenny knows the answer! He wants  
to shout it out. But other students are  
raising their hands. Kenny realizes  
shouting out the answer is rude.  
Others are waiting their turn.  
Kenny raises his hand instead.

### BE SELF-AWARE

Being **self-aware** can help  
you learn to control impulses.  
Pay attention to your actions.



What happens after? How do others **react**?  
Noticing these things can help you decide how  
to act next time you are in a similar situation.