# Teen Impulse Control Steps

Safety. Define. Cue. STOP. THINK. CHOOSE. ACT. CHECK. Log.

**Name:** _____ **Date:** _____

### 1. Safety sort

Crisis or harm now?
Pause. Get help.

### 2. Define honestly

Pause + choose. Not
never feeling urges.

### 3. Spot the urge cue

Body, thought,
trigger, timing.

### 4. STOP

Freeze 5-10 sec. Feet,
breath, name it.

### 5. THINK

Options + size of
problem. Who else?

### 6. CHOOSE

Pick values-linked
option, not first
rush.

### 7. ACT

Tiny next step only.
Skip heroics.

### 8. CHECK

Before/after 0-10.
What helped a little?

### 9. Log and bridge

Log practice. Bridge
to neighbor tools.

**Tip: STOP / THINK / CHOOSE / ACT / CHECK is the core loop. Practice on lower-stakes urges first.**

**Safety: if you or someone else is in danger, stop and get help. US: 988 · HOME to 741741 · 911**

Educational only. Not a diagnosis. Does not treat ADHD. Prefer a safety plan in acute crisis.

Original layout by Lotus & Tulip, based on teen impulse control skill practice. A practice tool, not therapy.

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# My Impulse Control Plan

Cue. STOP. THINK. CHOOSE. ACT. CHECK. Check-back.

**Name:** _____ **Date:** _____

**Urge cue (body, thought, trigger, place, time):**

_____

_____

**STOP plan (5-10 sec pause: feet, breath, name the urge):**

_____

_____

**THINK options (2-3 choices + size of problem 1-5):**

_____

_____

**CHOOSE + ACT (values-linked option + tiny next step):**

_____

_____

**CHECK + adult I will update:**

1. Before / after urge strength (0-10): _____
2. What helped a little (even 1 point): _____
3. Adult I will update (or safety plan if unsafe): _____

**Chosen plan + check-back time:**

_____

What I will try if the first rush returns mid-plan:

_____

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# Impulse Control Practice Log

Seven days of cues, STOP/THINK/CHOOSE, and tiny acts.

**Name:** _____ **Date:** _____

| Day / date | Urge cue | STOP / THINK | Choose + Act | Reflect / note |
|---|---|---|---|---|
| 1. | | | | |
| 2. | | | | |
| 3. | | | | |
| 4. | | | | |
| 5. | | | | |
| 6. | | | | |
| 7. | | | | |

**Teen mini card (cut out and keep)**

Urge today: _____ Adult I tell: _____

STOP · THINK · CHOOSE · ACT · CHECK · Log

Pause first. Options next. Tiny act. Not a cure for ADHD.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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