
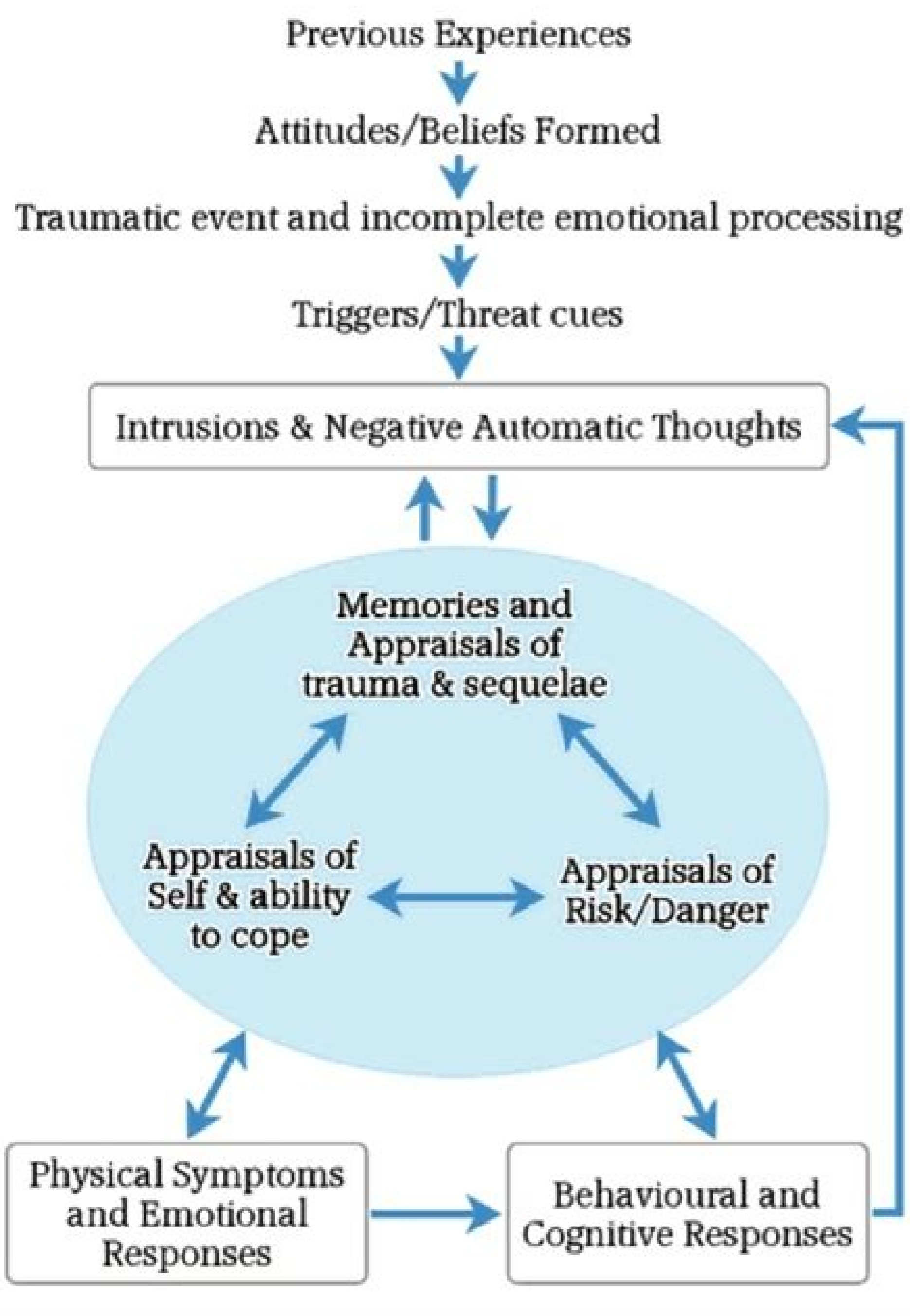


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Next

Model of PTSD



Modifying Rules & Assumptions

What is the rule (or assumption) I live by that I would like to modify?
If I'm not the best or I'm a failure (assumption)

How does this rule (or assumption) affect me in my day to day life?
It means I try really hard at whatever I do. I set myself incredibly high standards which are tough to live up to. I'm always worried up slipping up and making mistakes.

What are the origins of this rule (or assumption)?
Where did I learn it? What was going on in my earlier life that meant this may have been a helpful rule at the time?
My parents were very driven. Dad's motto was "second is just a fancy word for losing". As a child I got lots of praise for succeeding.

<p>What are the advantages of this rule (or assumption)? <i>It means that I try hard and I have achieved a lot in my life.</i> <i>As a child I got my parents' approval.</i> <i>It keeps me motivated.</i></p>	<p>What are the disadvantages of this rule (or assumption)? <i>I'm exhausted!</i> <i>I'm always checking to make sure I'm not making mistakes.</i> <i>I can never let myself relax - I don't think it makes me a nice person.</i></p>
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Is there an alternative to my rule (or assumption) that would be more flexible?
This may take more words to express than the original rule. Is there a new rule (or assumption) that would allow you to get most of the advantages with fewer of the disadvantages? How can you put this new rule (or assumption) into practice?
Doing a good job is good enough in this life. Not being the best doesn't make me a failure. Real life isn't a competition - there's no medal for being the best. It's more important for me to have a balance in life and try to enjoy it than to beat myself about achieving all the time.



Social Factors

- Family environment marked by abuse, neglect, substance use, psychopathology
- Poor parenting
- Maladaptive cognitive processing (biased towards interpreting interactions as being aggressive)
- Maladaptive behavior reinforced by peer group or parents
- Modeling

What Does Impulse Control Look Like Worksheet This worksheet helps kids understand what impulse control is and how specific situations can lead to different impulsive behaviors or actions to different people. These are all areas that can be expanded upon. The worksheet includes a quote from Fred Rogers: “When we talk about our emotions, they become lessoverwhelming, less upsetting, and less scary.”-quote by Fred Rogers Kids can use the worksheet to journal about their biggest emotions, using the journal prompts. Feelings Journal Writing Page There is also a feelings worksheet. This worksheet can be used on a daily or weekly basis to help with working memory in building coping tools for impulse control. Users can then check off any times or places that using impulse control is difficult. Sometimes some of our kiddos might get into a thought process where if they are in a “red zone” (relating to the Zones of Regulation program), they might get it in their head that being in a red zone is a bad thing, when it’s definitely not! There is a quote by Jonathan Martensson on this worksheet page: Feelings are much like waves, we can’t stop them from coming, but we can choose which one to surf. The Impulse Control Journal...a printable resource for helping kids strategize executive functioning skill development. This page includes writing prompts and a drawing prompt about coping tools that can be used in situations when impulse control might be needed. It’s a huge resource designed to develop and strengthen executive functioning skills as well as habit building, goal setting, mindset, and of course, impulse control. Users can also fill in any times not on the list. – quote by Jonathan Martensson The journal page goes on to include writing and drawing prompts about feelings and emotions. These are the emotions that can be difficult to manage in a way that impacts actions and behaviors. These free impulse control worksheets are just a snippet of the materials you’ll find in the Impulse Control Journal. Included in this sample pack are 5 pages: When is Impulse Control HardWhat Does Impulse Control Look Like WorksheetBIG Emotions Journal Writing PageFeelings Journal Writing PageCoping Skills Journal Writing Page Each page is printable and you can use them over and over again to target impulsive behaviors and actions. This worksheet page helps users draw from past experiences and to build their working memory “bucket” of tools they can use in the future. It asks users to recall times when others may have experienced big emotions. This is a great way to teach, but also to build working memory skills. It also asks about specific times or events where poor impulse control was used. The executive function worksheet then describes different ways to use impulse control skills in different situations. There is also a quote from John Wooden: Don’t let what you can’t do stop you from doing what youcan do. Next, the worksheet asks about times that the individual has used good examples of impulse control. There are also pieces on this worksheet that include concepts of empathy awareness. Then, the worksheet asks about when using impulse control is easiest and when it is hardest. There is also a drawing prompt as well. -quote by John Wooden You may also want to grab the Impulse Control Journal, which is where these worksheets come from. BIG Emotions Journal Writing Page Another worksheet in the packet is one on BIG emotions. Use the impulse control worksheets as teaching tools for kids and teens to show how responses to situations, emotions, and mindset impact impulsive actions, and how to use specific coping strategies to allow learning and functioning in situations. What are some strategies that DID help the user to be safe or make good choices in a particular situation? The big emotions prompts touch on interoception as well. Sensations connected with emotions might include: Butterflies in the stomachHeart racingHolding your breathBreathing fastStomach churning“Seeing red”Tensed muscles Here is more information on emotions and interoception. This can change depending on the day, the situation, emotions, events, etc. I love this journal because it helps kids and teens to recognize their strengths, build upon them, and realize they have the capability to do what they need to do and what they want to do. This is important because it helps individuals realize that they are not alone, and that controlling impulsive behaviors isn’t something to be worried about, ashamed of, or that they are the only ones having trouble controlling their impulses. Interoception, or the sense of the internal state of the body, is a sense that can impact how we “feel” on the inside with big emotions. It can be helpful to connect to others and see that impulsive actions are something that everyone deals with at one time or another. When saying “calm down” just isn’t enough. .When a child is easily “triggered” and seems to melt down at any sign of loud noises or excitement...When you need help or a starting point to teach kids self-regulation strategies. .When you are struggling to motivate or redirect a child without causing a meltdown. .When you’re struggling to help kids explore their emotions, develop self-regulation and coping skills, manage and reflect on their emotions, identify their emotions, and more as they grow...This worksheet is intended to help users realized that feelings are great to experience, whether they are feelings of happiness, sadness, or anger, etc. This is a good exercise to journal and build a toolbox of experiences using working memory. When is Impulse Control Hard When is Impulse Control Hard Worksheet This page in the packet describes situations when impulse control skills can be difficult. The worksheet asks questions like this because it can help users to connect the dots between big emotions and impulsive actions. Coping Skills Journal Writing Page And finally, there is a coping skills worksheet. This past week, I’ve shared a few impulse control resources and these impulse control resources are just one more tool to add to the toolbox! I wanted to pull out a few of the helpful controlling impulsive behavior worksheets from The Impulse Control Journal to share with you. Use these in isolation, or grab the whole 80 page packet to use to help with areas such as habits, mindset, goal setting, and focusing on addressing impulsive behaviors that impact learning, social emotional learning, and more. What has worked in the past can be pulled from to use as a tool in the future. What impacted poor choices? The worksheet includes a teaching portion: If you think about it, you might start to notice a pattern of times and places when using impulse control is hard. The worksheet allows users to check off different ways they have demonstrated impulse control skills in the past.

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