

Impulse Control

Impulse control is the ability to resist or delay an impulse, drive, or temptation to act. It is important to think about what you want long term, not just in the immediate. Impulse control can also entail a capacity to identify your angry and aggressive impulses and respond responsibly.

1. **Look before you leap.** How will this decision impact you in the future? What are the benefits and negatives of the decision? Do the positive outcomes outweigh the negatives? Listen to both your rational voice and emotional voice when making decisions.
2. **Delay.** If you are unsure if making a certain decision will be positive, take a few days to decide. Most decisions do not need to be made right away, especially the most life impacting decisions.
3. **Be aware of internal influences.** We all have thoughts that sometimes motivate us to make poor decisions. What are your thoughts saying while you are making a decision? “Go for it, what is the harm?” “You can study later; the exam is not for a couple days.” Are these thoughts helping you make the best decision? If not, what would be a more rational response?
4. **Keep Emotions in check.** It is very important to pay attention to the intensity of your emotions when making a decision. Your emotions may get in the way of making the best decision. Listen to your emotions, but don’t let them be the only deciding factor.
5. **Believe in yourself.** Believe in your ability to say “no” to your impulses. Remember you have the ability to choose what decision to make. Don’t allow yourself to make excuses like, “I had no choice”.
6. **Think of others.** The choices that you make can significantly affect the people in your life. When deciding how to respond, think about how your family and or friends will be impacted. Should they weigh into the decision? (For example – choosing to adapt a large dog, but you share a small house with five other people).
7. **Visit a success coach.** If you would like more information on this topic visit a success coach. To book an appointment, visit the student success office (2nd floor of south campus hall) or call 519-888-4567 ext. 84410.

Adapted from - Stein, S. J. & Book, H.E. (2006). *The EQ Edge: Emotional Intelligence and Your Success*.
Mississauga: John Wiley & Sons Canada. Ltd.

