

## WHAT DOES IT LOOK LIKE?

- ✓ Rushing into or buying things without planning
- ✓ Interrupting and talking over others
- ✓ Difficulty waiting and turn taking
- ✓ Sharing personal information about yourself and others to familiar and unfamiliar people
- ✓ Physically lashing out
- ✓ Making hurtful comments
- ✓ Need for instant gratification
- ✓ Wanting and doing things NOW!



Developed by Amanda A., ABI survivor.  
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For more information on ABI go  
to [www.obia.ca](http://www.obia.ca)

To download more copies of this brochure  
go to [www.macslp.com](http://www.macslp.com)

It is important to remember  
the impulsive behavior you may see is  
related to the damage to the brain:

- ✓ Strategies can be helpful
- ✓ It gets worse when you are tired
- ✓ The person may not be aware
- ✓ It is not deliberate



## Spontaneity & Impulsivity

Even if you are trying to be less impulsive,  
it doesn't mean you have to give up having  
fun.

Being spontaneous can make life  
interesting, but make sure you don't forget  
your other plans and commitments.

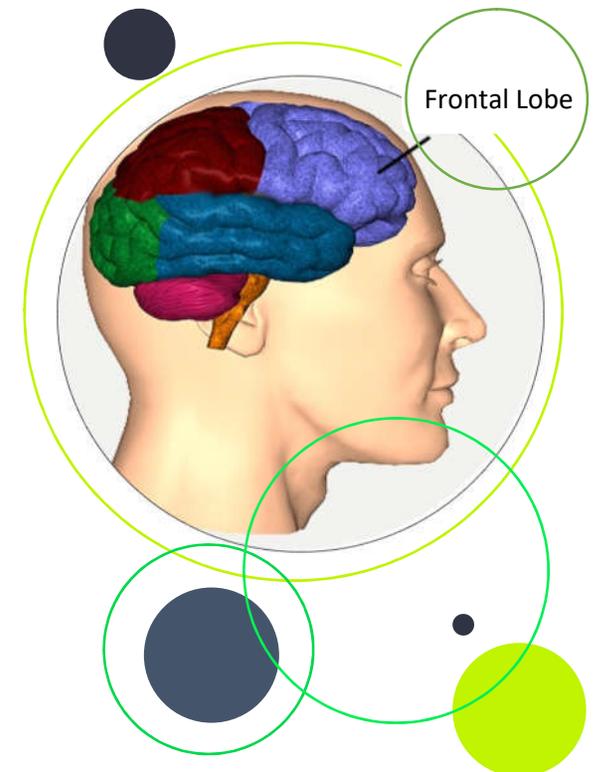
**Be aware and plan ahead!**

## WHAT IS IMPULSIVITY?

Impulsivity is **doing or saying** things **without thinking first**. It is doing things on a whim without thinking them through.

### The frontal lobe:

- controls our ability to stop and consider our actions
- filters what we pay attention to



Impulsivity can be caused by  
**damage** to the brain, specifically the  
**frontal lobe**.

## BEHAVIOURAL STRATEGIES

The most common approach is **behavioural therapy**.

This includes **implementing strategies** as well as **raising awareness** for yourself and others.

In severe case medication based treatment is available.

## BEHAVIOURAL STRATEGIES

**\*STOP:** before saying or doing something

**\*THINK:** about what impact this will have and what would be the best strategy

**\*DO:** the action / behaviour selected

### Example:

You want to make an impulsive buy of a water trampoline for your son that you saw online.

First, **STOP**, weigh the odds and list the pros and cons. **THINK** it through! Is it a good investment, can u afford it, will you get good use of it, is now the right time? Now follow through and **DO** or **DO NOT** buy it.

## OTHER STRATEGIES

**Self-regulation.** Controlling behaviours, emotions, and thoughts which allow one to reflect or choose a different path. Self talk is very important for you to think about choices and options before you rush into things.

**Seek support to keep on track.** Receive feedback to learn from challenges/successes and plan ahead for the future.

**Setting goals and make plans.** Put the time into yourself! It's easier to keep on track and plan if you have a plan already.

**Organize money and finances.** Schedule, set reminders and budget. Limit temptations and ask for help.

## STRATEGIES FOR PARTNERS & FAMILY MEMBERS

- ✓ Research and educate yourself
- ✓ Maintain predictable daily schedules and routines
- ✓ Stop the impulsive action and reflect on why you did so
- ✓ Give clear consistent feedback each time you recognize impulsive behaviour
- ✓ Agree on and set safety limits to protect the person you are with and yourself.  
Talk about maintaining limits.

