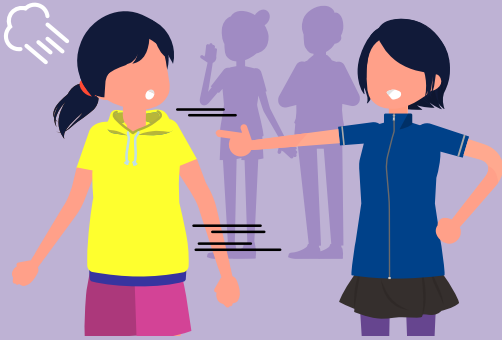


Come on! **Stop your impulse**

Acting impulsively can easily lead to regrets and even serious consequences. Here are some effective impulse control techniques:

Calm down first

"I'm very angry at him for accusing me in public! I'm getting agitated now. I need to walk away and calm down."



Think of the consequences

"Actually, he didn't do me wrong. Wouldn't it become my fault if I retaliated?"



Don't overreact

"It wasn't a big deal, so my reaction was way too impulsive and exaggerated."



Choose an appropriate respond

"I should remind him to talk to me in private instead of accusing me in public, and I will be more willing to accept."



**Impulsiveness can be reversed.
Responses can be controlled**

