

Module 3 - Setting some managing impulsive behaviours Imps

Remember – an implementation intention (or ‘Imp’) is a plan and promise to yourself that can make you 3 times more likely to make a specific change in your actions



When I feel(emotion)

And I want to
(impulsive, risky behaviour)

Times that I might be at risk of doing this
are:.....

It is important for me to change because:
.....

In order to cope more effectively

IF I feel.....

THEN I will: 1).....

2).....

3).....

4).....



Make your Imp specific
E.g. name a time, a place or a person
Make the THEN an action if possible. It makes it easier to review

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Example

When I feelangry.....(emotion)

I want to ...smash things..... (impulsive, risky behaviour)

Times that I might be at risk of doing this are:...if I speak to my mum, if I don't think something is fair or feel let down

It is important for me to change because:doing this doesn't change anything and I might hurt people, my relationships don't last

In order to cope more effectively

IF I feel...angry..

THEN I will: 1) USE THE STOP TECHNIQUE

2) SPLASH MY FACE WITH COLD WATER

3) GO FOR A WALK OUTSIDE OR DO STAR JUMPS (they make me laugh!)

4) WHEN I HAVE CALMED DOWN COMPLETE THE AWARENESS SHEET SO I CAN LEARN FROM THIS

Increasing your Awareness – example Impulsive

Behaviour: _____

Describe a time you acted impulsively, without thinking
Write down details about what you did. Examples can include binge eating, spending money, using drugs or alcohol, self-harm

Write down where were you and what were you doing before you acted impulsively. Were you at work, with a partner, at a party, watching TV, in town?

Write down how you felt before you acted (identify the emotion/trigger)

Bored	Anxious	Jealous	Afraid
Angry	Vulnerable	Alone	
Sad	Guilty	Shame	
Numb	Unreal	Excited	Upset
Other feelings....			

Write down what you hoped to achieve from your acting as you did

E.g feel less bored, more connected, to 'feel', more in control of something or a situation, to not feel difficult and painful emotions.

Write down how you felt after the impulsive behaviour? Did you achieve your goals?

What was the outcome? Did you experience what you hoped to? Did this last? Did you experience any other emotions afterwards?



Putting Time On Your Side

- ✓ How important is doing this behaviour to me?
- ✓ What are the longer term consequences of doing this?
- ✓ How will I feel tomorrow if I DO this behaviour?
- ✓ How will I feel tomorrow if I do NOT do this behaviour?

Reasons for
'Pros'

Reasons against
'Cons'

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Recovery Skills Training Course Evaluation - Week

We would like to understand how helpful today's session has been for you. Please remember your responses are completely anonymous and all feedback is gratefully received!

Have you done anything different as a result of the last session you attended? (Please circle) **YES / NO**

If yes, what week was this and what have you done? If no, why not?

.....

Please circle the answer which best describes your experience of today:

	<i>Not at all</i>	<i>Slightly</i>	<i>Somewhat</i>	<i>Pretty much</i>	<i>Very much</i>
1. The session today was enjoyable	1	2	3	4	5
2. The information and strategies given in the session were helpful	1	2	3	4	5
3. The presenters were clear and understandable	1	2	3	4	5
4. The pace of the session was right for me	1	2	3	4	5
5. I realised something new about myself	1	2	3	4	5
6. I realised something new about someone else	1	2	3	4	5
7. I felt more aware of my feelings	1	2	3	4	5
8. I felt clearer about problems I need to work on	1	2	3	4	5
9. I made progress towards knowing what to do about my problems	1	2	3	4	5
10. I felt supported	1	2	3	4	5
11. I felt more comfortable about my feelings	1	2	3	4	5

12. I will be able to use the material from today's session	1	2	3	4	5
13. Overall, I was satisfied with the session today	1	2	3	4	5

1 What is the most important thing that you have learnt today?

.....

.....

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.....

.....

2 Was there anything today that you found less helpful?

(Please circle) **YES / NO**

If yes, please explain why so that we can make changes to improve the course:

.....

.....

.....

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.....

3 Please use the space below to share any other comments, or tell us about anything else we could do differently to improve today's session:

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.....

.....

Thank you

STOP !

Just pause for a moment

TAKE A BREATH

Notice your breathing as you breathe in and out.

OBSERVE

- What thoughts are going through your mind right now?
- Where is your **focus of attention**?
- What are you reacting to?
- What sensations do you notice in your body?

PULL BACK - PUT IN SOME PERSPECTIVE

- What's the bigger picture?
- Take **the helicopter view**.
- What is another way of looking at this situation?
- What advice would I give a friend?
- What would a trusted friend say to me right now?
- Is this thought a **fact or opinion**?
- What is a more reasonable explanation?
- How important is this? How important will it be in 6 months time?
- **It will pass.**

PRACTISE WHAT WORKS - PROCEED

- What is the best thing to do right now?
- Best for me, for others, for the situation?
- What can I do that fits with my **values**?
- Do what will be effective and appropriate.