

Finding Fresh Alternatives

Even though the impulse to act may be an automatic response, the action is not inevitable. The gap between impulse and action gives you time to determine how you would like to respond.

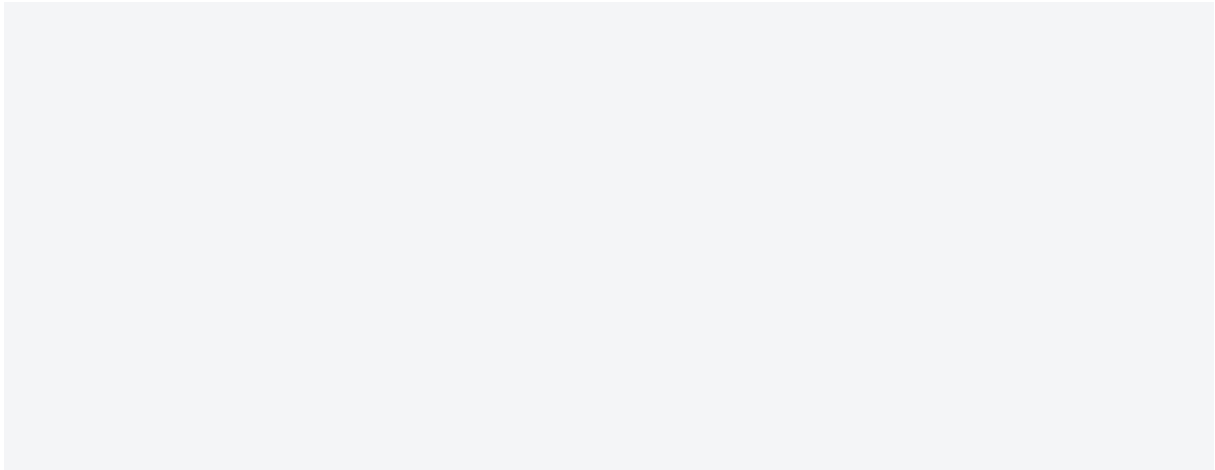
This worksheet identifies events and situations where your impulse to act on your worries, anxieties, and fears were strong and then reflect on how you responded.

What was the situation?

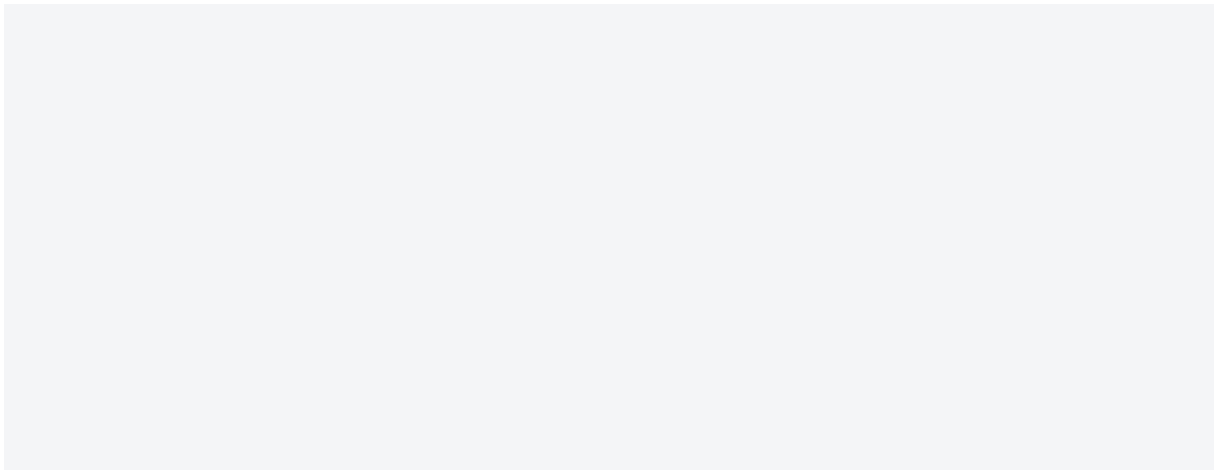
What were your worries, anxieties, and fears?

What did you do to cope? For example, get angry (fight), run away (flight), or nothing (freeze)?

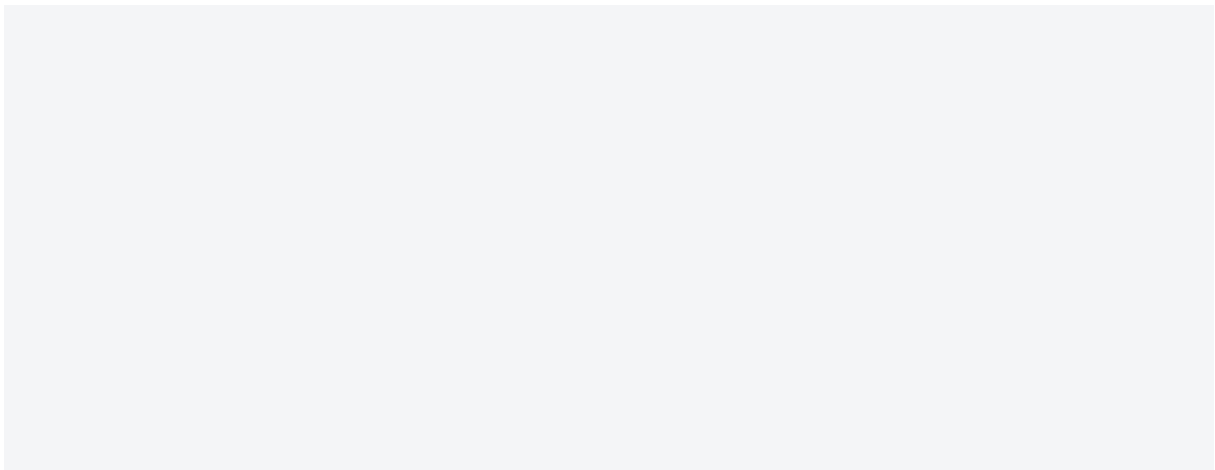
What were the consequences? What did you miss out on?



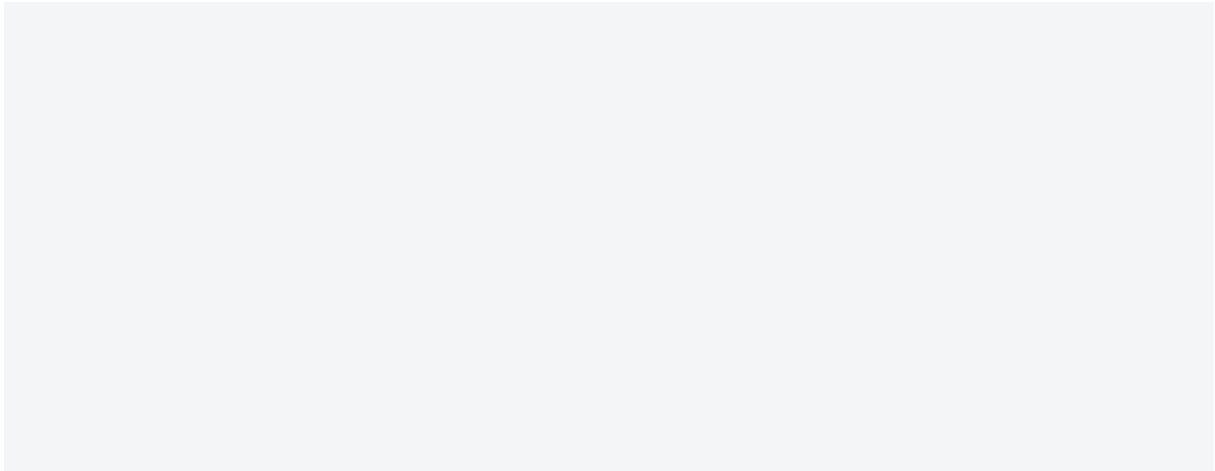
Was your impulse and behavior welcome or unwelcome? Was it a friend or enemy, etc?)



Ask yourself, was it really necessary to act on your impulses? What could you have done?



How would it have changed the outcome?



Ultimately you have control over how you react to your impulses and how you behave, no matter how strong they are.

Dr. Jeremy Sutton