

ACHIEVE YOUR GOALS



Impulse control is an ability to respond calmly in testing situations. Being steady builds others' trust in you. The ability to delay gratification builds trust in yourself. We call this skill "impulse control". Those who can stay calm and positive in difficult moments have an enormous advantage in crisis, leadership and conflict.

Impulse control helps us understand and master destructive emotional reactions. The key is to recognise it - usually **sadness, craving, fear** or **anger**.



Take calming action and learn how to respond steadily.



Learn to show restraint (zip it, give the impulse some time)



Define the emotion and the effect you have on others and yourself.



Practise real time relaxation (breathe out)



Respond calmly but firmly (to yourself or to others)



Remember that repressing emotion leads to distress and health risk.



Practise expressing your emotions skilfully.