

An Impulse Control Technique *The “STOP Technique”*



When faced with the temptation to eat something that you don't need to be eating, or to skip your exercise for the day, or anything else which involves a strong temptation, you may need some help to control your impulses. Here is one technique that is known to work, especially if you catch yourself before the impulse becomes too strong:

- Yell STOP!!!  Either silently to yourself, or out loud if possible.
- Take 5 slow, deep breaths. Relax...
- Say 3 negative consequences **to yourself**, which are likely to occur if you give in to your impulse.
- Say 3 negative consequences **to others**, which are likely to occur if you give in to your impulse.
- Quickly think of something you can do instead.
- Immediately go ahead and do what you just thought of.
- Problem solved! Congratulations!