Stop, Drop, and Self-Control - Internal Strategies

1. Self-Instructional Training
   1. What impulsive actions do you take?
   2. What is a general plan to prevent it?
   3. Choose a “self-talk” phrase (related to 2. Self-talk)
   4. Any reminders/questions? (related to 3. Double checks)
   5. What should you do differently?
   6. What happens if (or when!) you succeed?

2. Self-talk
   Create a simple mantra/phrase for you to pause yourself at the moment and think through and write it below. You can also use one of the double checks questions as your go-to self-talk phrase.

3. Double checks
   ✓ Is this what I really want to happen?
   ✓ For how long have I wanted to do this?
   ✓ What will happen if I do this?
   ✓ What will happen if I don’t do this?
   ✓ What are the longer term consequences?

4. Distraction techniques
   1. Object/Person Focus:
   2. Sensory Awareness:
   3. Counting:
   4. Word Generation:
   5. Fantasies:
   6. Winning the Lottery:
   7. Puzzles: