

# 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 :

