

Positive Impulsivity



Pretend for a moment that you just reacted impulsively or made an impulsive decision. What now can you do to resolve this? Will you learn from it? How can you turn this into a positive experience? Have you ever reminded yourself to practice not being so impulsive in the first place? This is a guide to becoming **AWARE** of your impulsivity, **ACCEPTING** that this is part of life, **LEARNING** to minimize the frequency or severity of impulsive actions, and practicing **PATIENCE** in your personal development.

The reality of the situation is that you can't always be perfect, not because you have **ADHD** but because you are human. For you, this lack of perfection manifests itself in impulsiveness. If you're working hard to control this impulsiveness then it can be very frustrating when it comes out unexpectedly and leads to regret. When this happens, the very first thing you need to do is:

Become aware of your impulsive action as soon as possible

Usually within seconds or minutes following impulsive behavior, the stomach churning, flushed feelings of regret kick in. Regret only serves to remind us to not do something in the future. If you already know this then drop the regret and....

Accept that it happened

Move on. Once it's happened, you can't take it back, but you can appeal to reason. Start focusing on what your next action should be rather than what your last action should not have been. This allows you to live in the present and focus on a positive future rather than a negative past. Once you've accepted what you did, you can now:

Focus on the appropriate next action

You're now into the learning phases. You're starting to get your brain to think about only positive actions. Once you've sorted out the appropriate next steps, you've reframed the whole experience into something more positive. By doing so, you:

Ward off the negativity

that comes with frustration, anger, and disappointment. You have now earned a little bit of distance from the impulsiveness and hopefully learned from the experience. All experiences can ultimately have a positive influence on our life if we use them as learning opportunities. Your impulsiveness just landed in you in a great position to:

Think critically

about what you can do differently in the future. The more you appeal to your critical thinking skills, the less time you will spend reflecting negatively on impulsive reactions, which leads to more personal, professional, and social satisfaction! Lastly, remember to

Have patience

with yourself. You are not perfect and never will be. The goal is to act appropriately as often as you can and to learn from the times when you don't so you eventually embrace positive impulsivity!