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HANDOUT-ABLE PACKET: Mindful Approaches for Cognitive Patients with Impulsivity

Patients with neurological or other conditions may display difficulties with impulsive control, which will impact safety and functioning in their living environment. There may be a need in a patient to identify and treat these areas for the benefit of safety.

The following forms were created for SLPs to utilize for the above purpose:

- HANDOUT-ABLE: Mindful Approaches for Cognitive Patients with Impulsivity Assessment/Tracking
- HANDOUT-ABLE: Sabotage Toward Acting Impulsively
- HANDOUT-ABLE: Plan for Slowing Down Impulsive Thinking Guide
- HANDOUT-ABLE: Plan for Slowing Down Impulsive Thinking Fill-Ins
- References

Clinicians can opt to print each component form individually through setting preferences, as this resource includes all components in totality.

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4 2	SPEECH PATHOL	.OGIST:		
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HANDOUT-A	ABLE: Mindful Approaches for Cog	nitive Patients wi	<u>th Impulsivity – Assessment/Trac</u>	<u>king,</u> page 1
	he behavior:			
Common ne	gative outcomes of the behavior: _			
	his occur:			
Where does	this occur:			
	s:			
Tracking the				
Date	Describe the behavior Fac	ctors at play	What happened right before?	Other:

Nice Speech Lady resources are intended for speech-language pathology professionals only – in order to augment treatment as indicated, or for general information-purposes for friends of the SLP profession. SLPs should access these resources and provide content up to the level of their experience, and liability of use of resources falls onto the responsibility of the SLP. See "Terms and Conditions." Please return back to Nice Speech Lady for additional copies and more materials for treatment home programs, resources and assessment tools. Copyright © 2021, The Nice Speech Lady, LLC.

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			bate:
HANDOUT-ABLE: Mindful Approach	<u>es for Cognit</u>	<u>ive Patients with Impulsivity – Q</u>	uick Assessment, page 2
Behaviors I consider impulsive:	1		
		out of it":	
	Thoughts I fe	eel:	
	Potential ne	gative outcome:	
	Alternative a	actions:	
	2		
	"What I get	out of it":	
		eel:	
	Potential ne	gative outcome:	
	Alternative a	actions:	
Behaviors other consider impulsive:	1		
"What I get	"What I get	out of it":	
	Thoughts I fe	eel:	
	Potential ne	gative outcome:	
	Alternative a	actions:	
	2		
	"What I get	out of it":	
	Thoughts I fe	eel:	
Potential negativ Alternative action		gative outcome:	
		actions:	
	"What I get	out of it":	
	Thoughts I fe	eel:	
	Potential ne	gative outcome:	
Alternative a		actions:	

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	SPEECH PATHOLOGIST:	
47 a 2	SPECIAL INSTRUCTIONS:	
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HANDOUT-ABLE: Sabotage Toward Acting Impuls	sively	
Sabotage Toward Acting Impulsively Details		

- 1. Working on relaxation. Action:
- 2. Calming activities to work toward: ______
- 3. Measures to "sabotage" potential problem behaviors; in other words, how can I best prevent impulsive behaviors
 - ______

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HANDOUT-ABLE: Plan for Slowing Down Impulsive Thinking -- Guide

- 1. When realizing you want to do something physically, stop yourself.
- 2. Decide what you are going to do.
- 3. Proceed, slowly.

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HANDOUT-ABLE: Plan for Slowing Down Impulsive Thinking – Fill-Ins

- 1. When realizing you want to do something physically, stop yourself.
- 2. Decide what you are going to do. Information: ______
- 3. Proceed, slowly. Information: ______

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4 3 3 3 A A A A A A A A A A A A A A A A	SPECIAL INSTRUCTIONS:
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REFERENCES

Damico, Augustine and Hayes. <u>"Formulating a functional model of attention deficit hyperactivity disorder for</u> <u>the practicing speech-language pathologist.</u>" Semin Speech Lang 1996; 17(1): 5-19 DOI: 10.1055/s-2008-1064085

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