

**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.



HANDOUT-ABLE: Mindful Approaches for Cognitive Patients with Impulsivity – Assessment/Tracking, page 1

Behavior: _____

Purpose of the behavior: _____

Common negative outcomes of the behavior: _____

When does this occur: _____

Where does this occur: _____

Other factors: _____

Tracking the Behavior:

Date	Describe the behavior	Factors at play	What happened right before?	Other:
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____



HANDOUT-ABLE: Mindful Approaches for Cognitive Patients with Impulsivity – Quick Assessment, page 2

Behaviors I consider impulsive: 1. _____

“What I get out of it”: _____

Thoughts I feel: _____

Potential negative outcome: _____

Alternative actions: _____

2. _____

“What I get out of it”: _____

Thoughts I feel: _____

Potential negative outcome: _____

Alternative actions: _____

Behaviors other consider impulsive: 1. _____

“What I get out of it”: _____

Thoughts I feel: _____

Potential negative outcome: _____

Alternative actions: _____

2. _____

“What I get out of it”: _____

Thoughts I feel: _____

Potential negative outcome: _____

Alternative actions: _____

3. _____

“What I get out of it”: _____

Thoughts I feel: _____

Potential negative outcome: _____

Alternative actions: _____



HANDOUT-ABLE: Sabotage Toward Acting Impulsively

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

- _____
- _____
- _____
- _____
- _____



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.



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: _____



REFERENCES

Damico, Augustine and Hayes. [“Formulating a functional model of attention deficit hyperactivity disorder for the practicing speech-language pathologist.”](#) Semin Speech Lang 1996; 17(1): 5-19
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