

Chapter 1 : Dealing With Impulsive Behavior Inside the Classroom

Dealing with impulsive behavior Psychologist & Author Gordon Neufeld, PhD, shares advice for parents on the best way to deal with your child's impulsive behavior Psychologist & Author Gordon Neufeld, PhD, shares advice for parents on the best way to deal with your child's impulsive behavior.

Dealing With Impulsive Behavior Inside the Classroom by Andrei Zakhareuski 29, views Impulsive behavior of students can be a great problem for any teacher. It distracts the whole class, disrupts lectures, and can be a hindrance to the learning process. Teachers must be able to understand the nature of impulsivity in children in order to manage classroom situations properly. The Nature of Impulsive Behavior Children are naturally impulsive. Their cognitive abilities are still developing, so they cannot effectively control their impulses yet. They are not yet able to plan their actions and decide rationally. Because their view of the world is still centered on the self, they are usually not aware of the consequences of their impulsivity. They sometimes have no idea that it can affect other people in a negative way. Impulsivity in young children can be a problem in the classroom. A child exhibiting impulsive behaviors class is a distraction to his classmates and to the teacher. Shouting, singing, not paying attention to the lesson, not cooperating in activities, fighting with classmates - these are some examples of what an impulsive student may do. Impulsivity in children lessens as they grow older. In either case, a teacher can successfully manage an impulsive student in the classroom by keeping in mind that it is not always a deliberate act on the part of the student. Ways to Manage Impulsive Behavior in Students As a teacher, you first have to identify which students are prone to impulsivity. You are responsible for monitoring their behavior and intervening immediately when it occurs. Here are some ways in which you can manage the classroom when there are students who exhibit impulsive behavior. See what works for the child, and remember that what works for one may not work for another. By separating the impulsive action from his whole self, the student will not associate impulsivity with his character, making it easier to abandon the behavior. Negative treatment will only make it worse. The student has to see in you that you are looking forward to a positive change in behavior. The child may not have a clear picture of what exactly proper behaviors are. Reward the student if he exhibits good behavior and succeeds in controlling his impulses. For example, appointing a student who usually misbehaves to be a leader in a certain activity may evoke a sense of duty. Children also learn by example, so be a role model for good behavior in class. Sometimes there are problems at home which can cause the student to exhibit negative behaviors in school. There are many competent websites, like thefamilycompass. Professional advice is just a click away. No child is ever a lost cause. With patience, understanding, and genuine concern, you can help your student channel energy into more positive behaviors. Kaylee is a family and health writer. If you enjoyed this article, please help spread it by clicking one of those sharing buttons below. And if you are interested in more, you should follow our Facebook page where we share more about creative, non-boring ways to teach English.

Chapter 2 : Compulsive sexual behavior - Symptoms and causes - Mayo Clinic

Impulsive behavior is related to your child's inability to put on the "mental brakes" before acting. Impulsivity is often a symptom of a brain-based condition like ADHD. There are steps you can take to address your child's impulsive behavior at home and school. Parenting a child who jumps.

Self-Control and Focus Behaviors that are rewarded tend to re-occur. Reward and Promote Self-Control, never reward impulsivity. Students with ADHD tend to act impulsively, not thinking about the consequences first. Dealing With Impulsive Behaviors in ADHD Students One of the hallmarks of children with attention deficits is the tendency to act impulsively acting before thinking through the ramifications of behavior. Behaviorally, this manifests itself in a lack of understanding of cause and effect. Research also suggests that these students can often verbalize the rules in place for behavior but have difficulty internalizing them and translating them into thoughtful behavior. Difficulties in delaying gratification also add to the impulsivity. Some clinicians believe that this behavioral disinhibition poor regulation and inhibition of behavior , rather than their ability to pay attention, is the primary manifestation of attention deficits and is more likely to discriminate these children from others. With the help of your student, his teacher, and his trusted peers, common problematic themes can be identified. Role play hypothetical interactions involving these behaviors, preferably with supportive peers, identifying and practicing positive alternative responses. Have your student practice these responses during the school day and have him and others give you feedback on their success. Identifying critical incidents that occur during the day will provide insights for program planning. Again, the purpose of the technique is to slow down response. Encourage thoughtful responding and decrease impulsivity by waiting 10 to 15 seconds to receive responses during whole group instruction. Keep the classroom behavior rules simple and clear. Have the class agree on what the rules should be. Define and review classroom rules each day. Implement a classroom behavior management system. Actively reinforce desired classroom behaviors. Use self monitoring and self reinforcement on task behavior during independent work time. Use a kitchen timer to indicate periods of intense independent work and reinforce the class for appropriate behavior during this period. Start with brief periods 5 10 minutes and gradually increase the period as the class demonstrates success. Set hourly, daily, weekly, or monthly goals depending on the reinforcement needs of the specific student. For example, students can earn tickets for a daily or weekly raffle for the display of positive behavior. To improve out of the classroom behavior, allow the class to earn a reward based on he compliments they receive on their behavior from other teachers, lunchroom staff, playground aides and principals. The ADHD child, as well as the whole class, can benefit from implementation of social skills curriculum for the entire class. For example, have two large jars at the front of the room, with one filled with marbles or some other object. When the class is behaving appropriately, move some marbles to the other jar and let the students know that when the empty jar is filled they can earn a reward. Frequently move about the room so that you can maximize you degree of proximity control. When appropriate, give students choices about several different activities that could choose to work on one at a time. With students who can be quite volatile and may initially refuse negative consequences such as refusing to go to time out , set a kitchen timer for a brief period 1 2 minutes after refusal has occurred. Several experienced teachers insist this method has successfully reduced the extent to which they have had to physically enforce certain negative consequences with students and seems to de escalate the situation.

Chapter 3 : ADD ADHD Impulsive Behavior

Causes of Impulsive behavior in adults that are rare The official US government definition of a "rare" disease is one that affects , people or less. The following causes of Impulsive behavior in adults appear in the population at a rate of less than , people per year in the USA.

When someone has trouble with impulse control, they are likely to react to stimuli with little consideration for consequences. Developing impulse control in recovery is a very consuming task, but a very necessary one. Relapse and other risky behavior may result if impulses are not managed well. This is especially the case in early recovery, when coping skills are still being developed. Understanding situations that could trigger impulses, and developing a plan to deal with impulse control is a key element in a successful recovery.

Impulse And Addiction There is a strong correlation between substance abuse and trouble with impulse control. Studies have shown that the use of multiple substances is usually linked to some form of impulse disorder. Controlling the urge to engage in risky behavior is made more difficult with the use of mind-altering substances. This can encourage questionable choices in those struggling with addiction. In recovery, impulse control is often challenged as you rebuild your coping techniques. Processing impulsive thoughts and actions in the moment may be difficult, but necessary in remaining on the right track in recovery. Call to be connected with a compassionate treatment specialist. In the same way that negative events can trigger relapse, a positive experience can cause impulses to take hold. In time, you can learn to process these triggers in an effective way. Some ideas for processing triggers include: Keeping a small notebook and pencil handy. When temptation strikes, take time to jot down your thoughts. Begin your entry with an observation of your surroundings and what happened immediately prior to impulse. Use this to design an exit strategy and continue in future instances. Call your sponsor, a friend, or a family member. Sometimes a little reassurance is enough to combat impulses in recovery. Removing yourself from the situation will give you time to think about your next move. Go over the repercussions for relapse. Removing relapse as an option. Determine if the strain to resist is more difficult than detox or the disappointment following relapse. Impulses are a daily occurrence in the throes of addiction. By practicing restraint, each instance will become easier to manage. In the event that relapse occurs, your initial impulse may be to resume addictive behavior. This thought process stems from the idea that relapse is the end of the line in your recovery. In reality, nearly 80 percent of individuals in early recovery have or will relapse at some point. After two years of sobriety, this statistic drops to about 20 percent. Relapse is always a possibility, but there are ways to handle this situation effectively to get back on track: Identify your surroundings and remove yourself from the situation. Call your sponsor or a trusted loved one. Attend a meeting or therapy session. Contact your probation officer to inform of a relapse. Take responsibility for your actions and take action to regain control. It may be necessary to return to rehab for detox and further treatment. Caving to impulse may lead to feelings of failure and hopelessness. These feelings can become triggers on their own, especially if you are under the influence.

Dealing With Impulses If you have spent a great deal of time with addiction, you probably spend some amount of time thinking about the substance that once controlled you. This is perfectly normal in recovery. If the intent is to stay sober, there are many ways to counteract impulses as they arise through accountability, awareness, and reaching out. Following through with your commitment to sobriety may be difficult at times, but paving the way with coping tools can be an invaluable process in lasting recovery. We Can Help Dealing with impulse control is an important step in recovery. If you or someone you know needs guidance with impulse control, the caring staff at RehabCenter. We can answer any questions you may have and help find resources in your area to aid in recovery. Leave a Reply Questions About Treatment? We respect your privacy.

Chapter 4 : Impulsive Behaviors with Teen ADHD Students | ADD in School

A child exhibiting impulsive behaviors class is a distraction to his classmates and to the teacher. Shouting, singing, not paying attention to the lesson, not cooperating in activities, fighting with classmates - these are some examples of what an impulsive student may do.

Here are tools to overcome impulsivity. By Brad Hoefs While I have had no major mood swings or episodes in the last 12 years, I have and continue to have to self-monitor my impulse control. The lack of impulse control may not only be an indicator of bipolar disorder, but explains a number of the symptoms of bipolar disorder. Eric Johnson, a licensed mental health provider, writes: To compound the problem, mania brings increased energy, increased distractibility, less need for sleep, and elevated moods, which make the risky behaviors happen with increased frequency. Like a child with ADHD, impulsivity is a failure to consider consequences of a behavior before you act. Unlike a child with ADHD, impulsivity fueled by bipolar disorder is more dangerous. The potential outcomes include jail, serious debt, sexually transmitted diseases, physical injury and even death. Sanjay Gupta explaining bipolar disorder. In a very simple way Dr. Gupta explains why so many of us who have bipolar disorder especially those of us with bipolar disorder 1 struggle with impulse control. [Click here to watch the video.](#) Last December I really struggled for a period of about three weeks with staying on task with the important things I needed to be about doing with my work. After hours and hours of looking for many days I could find nothing. And even then, I had a hard time stopping the search. I had to work extremely hard to keep myself from continuing to search. Now, granted, this struggle with my impulse control last December was nothing like I used to experience prior to being diagnosed. Pre-diagnosis, I had all of the classical descriptions of those with bipolar I disorder as Eric Johnson described above. Prior to treatment, I struggled with anger, raging, and compulsive spending, as well as risky behaviors. I knew that something was very wrong. It was as though I was trying to control a monster that was pressing from within. Now I have come to understand that a lot of this had to do with the impulse center of my brain that was not functioning correctly. For example, if something irritated me or made me mad, I could not hold my tongue. The words that could not be taken back would begin to fly. Many of my relationships would be strained and or ruined due to this. Little did everyone know that it was bipolar irritability accompanied by the lack of impulse control. During those times of mania, behaviors that were strange and unexplainable would exhibit themselves; many of which I would not even recall when not in mania. I chose to practice more self-discipline "as opposed to doing things only when I felt like doing them or when I had the impulse to do them. I also began to know my triggers. When triggered I would easily become more impulsive. So it was important for me to pay attention to those things that would trigger me so I could stop the flood of emotions that most likely would burst forth. I chose to take control of my tongue. Instead of lashing out with my words when angry, I found that it was easier to wait to express myself after the flood of emotions had passed. Truth is, our words easily hurt others. I chose to be accountable to others in regards to my impulse control; especially when they were seeing behaviors that would indicate that I was having difficulties controlling them. I chose to never use bipolar disorder as an excuse. Yes, there were times and still are when bipolar disorder is the reason for some of my thinking or behaviors or even mood. However, I refuse to ever use that as an excuse. Like it or leave it. Did you or do you still experience the connection between your bipolar disorder and impulse control? If so, what are you doing about it? Brad was diagnosed with Bipolar Disorder I in He has a B. Brad has been married to his wife, Donna, since They have two adult married children and love being grandparents to the grandkids! He is the pastor of Community of Grace in Elkhorn, Nebraska.

Chapter 5 : Teaching Self-Control to Your Impulsive Child | HealthyPlace

The Family Caregiver Alliance has a fact sheet for caregivers on how to deal with trouble behavior. Although it addresses dementia, the helpful tips can be applied to.

Print Overview Compulsive sexual behavior is sometimes called hypersexuality, hypersexuality disorder or sexual addiction. Compulsive sexual behavior may involve a variety of commonly enjoyable sexual experiences. Examples include masturbation, cybersex, multiple sexual partners, use of pornography or paying for sex. When these sexual behaviors become a major focus in your life, are difficult to control, and are disruptive or harmful to you or others, they may be considered compulsive sexual behavior. But with treatment and self-help, you can learn to manage compulsive sexual behavior. Symptoms Some indications that you may be struggling with compulsive sexual behavior include: You feel driven to do certain sexual behaviors, feel a release of the tension afterward, but also feel guilt or remorse. You use compulsive sexual behavior as an escape from other problems, such as loneliness, depression, anxiety or stress. You continue to engage in sexual behaviors that have serious consequences, such as the potential for getting or giving someone else a sexually transmitted infection, the loss of important relationships, trouble at work, financial strain, or legal problems. You have trouble establishing and maintaining healthy and stable relationships. Compulsive sexual behavior tends to escalate over time, so get help when you first recognize there may be a problem. As you decide whether to seek professional help, ask yourself: Can I manage my sexual impulses? Am I distressed by my sexual behaviors? Is my sexual behavior hurting my relationships, affecting my work or resulting in negative consequences, such as getting arrested? Do I try to hide my sexual behavior? Set aside any shame or embarrassment and focus on the benefits of getting treatment. Mental health professionals are trained to be understanding and discreet. But not all mental health professionals are experienced in treating compulsive sexual behavior, so make sure you find a therapist who is competent in this area. Seek treatment right away Seek immediate treatment if: An imbalance of natural brain chemicals. Certain chemicals in your brain neurotransmitters such as serotonin, dopamine and norepinephrine help regulate your mood. High levels may be related to compulsive sexual behavior. Changes in brain pathways. Like other addictions, more-intensive sexual content and stimulation are typically required over time in order to gain satisfaction or relief. Conditions that affect the brain. Certain diseases or health problems, such as epilepsy and dementia, may cause damage to parts of the brain that affect sexual behavior. Risk factors Compulsive sexual behavior can occur in both men and women, though it may be more common in men. It can also affect anyone, regardless of sexual orientation. Factors that may increase risk of compulsive sexual behavior include: Ease of access to sexual content. Advances in technology and social media allow access to increasingly intensive sexual imagery and information. Secrecy and privacy of compulsive sexual activities tend to allow these problems to worsen over time. Also, an increased risk of compulsive sexual behavior may occur in people who have: Alcohol or drug abuse problems Another mental health condition, such as a mood disorder such as depression or anxiety , or a gambling addiction Family conflicts or family members with problems such as addiction A history of physical or sexual abuse Complications Compulsive sexual behavior can have many negative consequences that affect both you and others. Get help early for problems with sexual behavior. Identifying and treating early symptoms may help prevent compulsive sexual behavior from getting worse over time or escalating into a downward spiral of shame, relationship problems and harmful acts. Seek treatment early for mental health disorders. Compulsive sexual behavior may be worsened by depression or anxiety. Identify and seek help for alcohol and drug abuse problems. Substance abuse can cause a loss of control and unhappiness that can lead to poor judgment and may push you toward unhealthy sexual behaviors.

Chapter 6 : Decreasing Impulsive Behaviors in the Classroom Elem | ADD in School

WebMD has tips for parents to help their children with ADHD control impulsive behavior.

Impulsivity often shows itself in a lack of understanding of cause and effect. Research suggests that ADD ADHD students can often verbalize the rules but have difficulty internalizing them and translating them into thoughtful behavior. Difficulties in waiting for what they want also add to the impulsivity. It is hard for ADHD students to control themselves all of the time. One of the main characteristics of people with Attention Deficit Disorder is the tendency to act impulsively acting before thinking about the consequences of their behavior. One of the hallmarks of people with Attention Deficit Disorder is the tendency to act impulsively acting before thinking through the ramifications of behavior. Research suggests that ADD ADHD students can often verbalize the rules in place but have difficulty internalizing them and translating them into thoughtful behavior. Role play scenes involving these behaviors, preferably with his friends, identifying and practicing good ways to solve problems. Let them practice by encouraging them to wait about five seconds before responding to your questions. Students with attention deficit disorder can benefit greatly from behavioral interventions that are sensitive to their processing style. Rewards, or punishments, should be as immediate as possible. Changing the reward periodically is usually necessary. A major consideration in forming an effective behavioral plan is assessing what is workable for the classroom teacher on a regular basis. Some plans that require extensive charting do not succeed because the teacher can not follow through effectively within the context of the daily classroom demands. Keeping the plan simple and flexible is the key to success. He can get off track and fill in the wrong places or become so frustrated that he might answer at random to simply complete the test. Give the attention deficit student some instruction in how to check his work and practice it with him. In assignments that require research reports and creative writing, have the ADD ADHD student dictate the words to someone rather than writing it down. The attention deficit student can then copy the words using the word processor. This technique will yield greater output on tasks requiring expressive written language skills by removing the written component.

Chapter 7 : Dealing With Impulse Control In Recovery

These behaviors may have become so automatic or habitual, you have little insight or awareness about the thoughts, feelings, body sensations, triggers and vulnerabilities that are involved in your impulsive or problematic behavior.

The following guide is a nice guide into helping you cope with this. Set all of the rules and expectations, along with limits and boundaries while setting both positive and negative consequences, for your child in order for them to manage themselves in the home. Know how your child reacts to certain things. Learn the source of these behaviors by learning as much as you can about ADHD and how it presents itself in people. Visit a mental health professional and get the right diagnosis. Check for warning signs, like over stimulation, being easily frustrated, having a hard time sitting down, controlling his actions, etc. Relaxation strategies should also be taught. Help your child practice them and establish prompts and cues into using these strategies. When your child is showing good behaviors, reward them as soon as possible. If they show positive self control, you can give them a reward. Other things to reward could be when they wait their turn correctly, show good sportsmanship , and finish a task without doing it lazily. Negative consequences should be handed out, like time out and loss of privileges, when a child does not behave the way they should. Help your child calm down by giving him a time and place to relax. This could work for you as well. A full day play date is not good. Allow your child to spend no more than a few hours max with friends. Encourage your child to seek friendships with good children Teach positive strategies for fixing conflicts, along with frustration management and thinking before acting. Expect a few broken things around the house. To minimize damage, arrange your home accordingly and try to limit glass in favor of plastic. Expensive things should be not easily reached. They are bound to happen. Show your child how to act by acting properly yourself Supervise! Encourage your child to express his feelings and talk about what is bothering him. Board games and teaching children how to lose without shame is a virtue. Give your child the ability to exercise and release his energy. Soccer is better for ADHD children since everyone runs together, as opposed to bowling where the focus is on the child. Swimming, dance, gym, and karate are also good physical activities for ADHD children because it teaches control and is less competitive. Give your child enough activities to build strength and increase confidence and motivation. This will lead to better behavior overall. Monitor a treatment plan for your child. Adjust your expectations and know that your child might not be able to act his age. Keep in mind many ADHD children prefer to play with younger kids. Often times your child needs to learn good habits via a reward system in which good behavior is rewarded and bad behavior has consequences. Discuss this with your child and make sure they know what the rewards and consequences will be. Attend is a natural homeopathic remedy, without all of those risky side effects of pharmaceutical agents with its inherent risks and possible addiction. Attend has the right mix homeopathic medicinals that can help to strengthen the neural connections. This helps improve memory skills. Attend also works well alongside other all natural ADHD supplements because of its makeup, a collection of amino acids, herbs, minerals, and vitamins. Plus, it has shown a 70 percent success rate during clinical trials. Exstress can also be beneficial as part of an all natural solution. Exstress helps to minimize hyperactivity. Memorin is also part of the Attend Strategy Pack and helps with associated memory problems. Leave a Reply Your email address will not be published.

Chapter 8 : 5 Tips To Changing Impulsive Behaviors | True Potential Blog

Impulsive Behaviors with Teen ADHD Students One of the main characteristics of people with Attention Deficit Disorder is the tendency to act impulsively (acting before thinking about the consequences of their behavior).

Tips for parents of impulsive kids. He can sound, and even act, very threatening at times. What should I do about it? It can be compared to a chemical accelerant that speeds up reactions to events. It is stored up and lives in a dormant form until something in the outside environment strikes. This can be thought as the precipitant or trigger. Once the precipitant arrives on the scene, there may be breakthrough in the form of aggressive actions, such as throwing a shoe, or hostile comments, such as belittling a family member. In the midst of such a breakthrough, there is little room for the voice of reason to be heard. So much is blocked out except for the small space afforded by the hole. One can think of that small space as the strong feelings that block out everything else. I also emphasize the triggers and causes to such "blindfold behaviors," such as a critical teacher, refusal of their request by a parent, or the annoyance of a younger sibling. In these cases, wounded pride and difficulty tolerating frustration are the causes. This is an important distinction because kids would rather see the trigger as the cause, and therefore, blame the teacher, parent, or sibling. i. Avoid placing yourself in a power struggle with an impulsive child. Approach in a nonpunitive, nonthreatening, and nonadversarial manner. One of the ways that kids burn off their impulsivity is through physical activity, listening to music, playing video games, walking out of the house when you are trying to have a conversation with them, and so on. Sometimes this can prevent a meltdown and preserve a channel of communication once they return. Try not to interfere with their access to these routes especially when you pick up signs of imminent impulse breakthrough. The underlying issues are one of the keys to helping them control their impulsivity. As their world becomes more demanding, children experience more pressure and potential for impulsivity. Many times, impulse breakthrough follows a distinct pattern. Take note of these patterns and gently bring it to their attention. Suggest that they can take several deep breaths, give themselves time to cool down, or use relaxation exercises when they feel their impulses building. Listen carefully and offer a little advice. Parents must strive to make sense out of their impulsive behavior without sounding like a know-it-all. No matter how ill-advised or irrational the behavior, there is some rational thread embedded in the story. Our job is to listen carefully, find the thread, and make our child aware of it in a nonthreatening manner. The more that we can designate the steps that lead to their acting out, the more able they will be to see it coming, and take preventive action before the point of no return. Known as "The Parent Coach," Dr.

Chapter 9 : 7 Tools for Overcoming Bipolar Impulsivity - bpHope : bpHope

Dealing with impulse control is an important step in recovery. If you or someone you know needs guidance with impulse control, the caring staff at blog.quintoapp.com is here to help. We can answer any questions you may have and help find resources in your area to aid in recovery.