

Impulsivity Worksheet

i-quiz: how impulsive are you?

	Never	Rarely	Sometimes	Often	Always
1. I say things without thinking					
2. I do things without thinking					
3. I spend more than I should					
4. I buy things I hadn't planned to					
5. I am restless in class or talks					
6. When I think about something, other thoughts pop in my mind					
7. I act on the spur of the moment					
8. I plan for the future					
9. I plan tasks carefully					
10. I concentrate easily					

What's your i-score?

Case study

Pete and his three friends are on the way to a festival. There are some great bands playing and they are all really looking forward to it. The music in the car is loud and the sun is shining. They are going slowly as they are stuck behind a lorry in a traffic queue. It's a narrow road and Pete can't see very far ahead. They are all talking about where they should put the tent and who else they might meet there. They're having a laugh and everybody feels great. Pete's getting frustrated about how slow they're moving and starts complaining to the others. He decides to overtake even though he still can't see much ahead. He puts his foot down and hopes it will be ok.

What risk did the driver take?

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Why did the driver take that risk?

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Safe Drive Stay Alive

Why did nobody in the car stop him?

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What could they have done to stop the risk?

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SAFE plans

In your group, come up with a SAFE plan for this situation

James was in the pub with a group of friends. He'd planned on getting a taxi home but one of the girls he'd been chatting to offered him a lift with her friends. When they were driving home James noticed the driver was taking a few chances by going through traffic lights when they were changing to red and she wasn't slowing down when going round corners.

James started to wish he'd taken a taxi after all.

- Say something funny
- Ask them to stop
- Feel uneasy
- Exit

Your SAFE plan

What risky situation in a car might you be in?

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What is your SAFE plan?

- Say something funny
- Ask them to stop
- Feel uneasy
- Exit