

# Impulsivity

## Teenager

Impulsiveness is defined as tendency to act without thinking first. In teenagers, it is associated with various behaviors such as aggressive behavior, alcohol abuse, smoking, compulsive buying, interpersonal difficulties, etc.

## Impulsivity types



### VERBAL

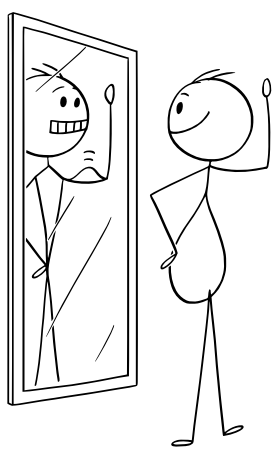
Struggling to wait for their turn to speak, even when the situation requires it, finishing other people's sentences, mumbling replies out loud before the questions is finished, interrupting in fear of forgetting what they were going to say, saying everything that comes to mind, their verbalizations aren't always appropriate.

### COGNITIVE

Quick to think, easily lost in too many ideas, not taking the time to review information, making decisions on a whim without thinking about the consequences, becoming quickly disinterested after short periods of time, being bored by routine and seeking excitement.

### MOTOR

Overwhelming urge to touch and manipulate everything, scratching an itch, cracking or popping joints, twisting or pulling objects, tapping, and launching things, poor handwriting due to haste, not wanting to forget ideas, internal agitation comparable to anxiety.



Impulsiveness is not intentional, but can lead in difficulty in understanding and accepting reprimands. Teenagers may not see themselves in the same way as others do, perceiving their behavior as completely normal. They may not be able to gauge the effect they have on others or interpret nonverbal cues from peers. This can lead to feelings of rejection and disapproval without understanding the cause. To raise their awareness, invite them to revisit the scene from the other person's perspective. By putting themselves in the place of the other, they can question what the other person might have thought of them during the situation.



## Tips

### For school

#### Learn self-control:

- Teach the adolescent how to calm down, like asking them to count to 5 before speaking.

#### Reflect on episodes of impulsivity

- Invite them to describe what's going on in their mind and body when they "explode".

#### Suggest various ways to resolve conflicts

- Such as taking deep breaths or thinking of solutions.

#### Consider the consequences

- There is nothing to gain from these behaviors. Invite them to reflect on how impulsivity affects their learning. For example, they may have to redo tasks.

### For yourself:

#### Opening dialogue:

- The teenager should speak before acting. Discussing a frustrating situation can help them control their emotions. Adults need to demonstrate self-control.

#### Practicing a sports activity

- Sports are great for releasing negative energy. Cardio-intensive sports can help release dopamine, which helps teenagers feel calm. Physical activity also helps with concentration.

#### Play a game of "either or"

- In this game, players ask questions to each other without saying **Yes** or **No** as a response. This forces players to think before answering and not to respond immediately.

SYNAPSE  
360



Accompagnement  
TDA/H & SGT

**For more tips and tricks on supporting attention in teenagers, don't hesitate to contact us!**

Sources:

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