

GOOD THINKING WITH STOP & THINK

It may seem kind of silly but everyone talks to themselves inside their heads. This is called self-talk. What people say to themselves is very important because it guides their actions. Draw a line from the thoughts that show *good* impulse control to the smiling face and draw a line from the thoughts that show *poor* impulse control to the frowning face.



OK. Slow down and think about this.

What is a good choice here?

Do it NOW!

How will I feel about myself if I do this?

Hurry!

Go!

Who cares?

Just do it.



What would the consequences be if I do this?

If I do this will I get in trouble?