



Controlling Your Urges

--- with the 15 Minute Rule

Waiting 15 minutes before reacting to someone or something can help prevent impulsive decisions that you might later regret.

1. Think about a situation where using the 15 Minute Rule could've helped you in the past, or a situation that you may face in the future.

2. How can you set yourself up for success (when, where, how)?

3. Make a list of distractions, or identify items you could put into a distraction box, that could help take your mind off of waiting.

Have a plan in place so you are ready the next time you are faced with an urge that you should avoid. It may not work every time
- but don't give up, keep trying!

YOUR Life YOUR Voice

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