Impulsiveness and Poor Self-Monitoring

**Inability to delay gratification**
- Reacts before thinking
  - Cannot distinguish feelings from actions or wants from needs
  - Needs attention or a higher level of stimulation
  - Is unable to slow down and use self-talk to calm down
  - Has trouble internalizing rules and procedures even if he or she knows them
  - Has limited repertoire of appropriate options for responding
  - Needs more structure and routine
  - Is unsure of how actions affect others

**Inability to cope with frustration or anger**
- Feels discouraged or helpless
  - Cannot articulate the problem or feelings
  - Avoids situations that are too difficult or boring
  - Retaliates for perceived mistreatment
  - Cannot identify what triggers problems or causes stress
  - Does not know how to gain power, attention, or control appropriately
  - Cannot reframe (see things from a new perspective)

**Inability to adjust behavior to a situation**
- Is unaware of how own behavior affects others
  - Is unclear about expectations or goals
  - Does not pick up on feedback that indicates a need to alter the plan or behavior
  - Needs practice for appropriate behavior and responses
  - Cannot accurately predict consequences
  - Needs corrective feedback for improvement and reinforcement
  - Is unable to use past experiences and mistakes to self-correct

*Causes & Cures in the Classroom. ASCD Alexandria, VA.*