

Acting on Impulse

DBSA 2010 National Conference

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An often unspoken and misunderstood aspect of bipolar mania is impulsivity, which can manifest itself in anger, hypersexuality, excessive spending and a host of other addictive behaviors. In this session, we'll describe the concept of impulsivity, address the cause, discuss the challenge, talk about the consequences and gain a handle on how to control it. We'll deal openly, honestly and candidly with a phenomenon that creates major difficulties for those who live with bipolar and their loved ones. And, we'll give you a chance to check your own tendency toward acting on impulse.

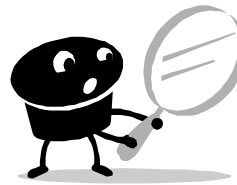
Note: *This session deals with sensitive topics of an adult nature.*

I. Insight

First, we'll spend a few minutes introducing the interesting topic of impulsivity, from learning about the concept to gaining control.

**Use space for notes.*

Concept—What is impulsivity?



Cause—Do we know what causes this type of behavior?



Challenge—How much of a chore is dealing with impulsivity?



How impulsive are YOU?

**For informational purposes only.*

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Consequences—Is there a price to pay for acting on impulse?



Control—How can you begin to get a handle on impulsivity?



Answers to Questions

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II. Inquiry

Second, we'll ask a few questions to see how much you learned.

1. What should you seek help for first—bipolar or impulsivity?
2. What are four common dimensions of impulsivity?
3. What are eight potential consequences of acting on impulse?
4. What words describe acting on IMPULSE in the midst of mania?
5. What are the six steps in getting A START on dealing with impulsivity?

III. Interaction

Finally, we'll have open discussion and Q&A. Any question is fair. The goal is for you to have a better understanding of impulsivity.

****BONUS**** (time permitting)

Important principles to keep in mind when dealing with impulsivity or any other challenge in life!

Thank you very much for attending this session!

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