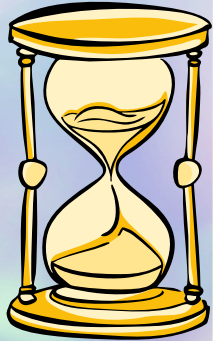




MASTERING THE ART OF DELAY

Techniques for Building Patience and Self-control



Name: _____

Date: _____

What Is Delaying?

An urge does not need an immediate response.

You can pause, wait, and let the feeling pass before deciding what to do.

My Delay Plan

When I feel an urge, I will wait:

- 5 minutes
- 10 minutes
- 15 minutes
- Other: _____

During this time, I will remind myself:

"I don't have to act right now."

Ways to Tolerate the Urge

Choose what you can do while you wait:

- Take slow, deep breaths
- Go for a short walk
- Drink water or tea
- Listen to music
- Distract myself with a task
- Text or call someone
- Use grounding (5-4-3-2-1)
- Write down what I'm feeling
- Stretch or move my body
- Other: _____

What I Noticed

What happened to the urge over time?

How did I feel after waiting?

Reflection

What helped me the most?

What can I try again next time?

"I can pause. I can wait. I can choose."