

# Impulse Control

*Intended for those people who have a difficult time making good choices and understanding the consequences of their behavior. This course helps them recognize impulses and thinking errors, and how to overcome them.*

- Do you often wish you could have another chance?**
- Do you find yourself repeating behaviors that you wish you could stop?**
- Do close friends comment on your decisions more than you would like?**
- Do you experience shame over your decisions?**
- Do you go to sleep saying tomorrow you won't act out certain behaviors only to find you repeat them daily?**

Acting impulsively - in a variety of ways - can bring harm to you and those you care about! By learning how impulse behaviors work, you can become in control of your actions and thoughts and increase your quality of life. Easy tools will be provided to incorporate into your daily life and share with others.

[www.wmttlc.com](http://www.wmttlc.com)

Website currently under construction

## Class Information

**Time:** Classes are available to fit your schedule. Call for group time.

**Cost:** \$10 per person / session

**Call:** 231-728-2138

- \* *Certified Therapist(s)*
- \* *Classes meet weekly*
- \* *Sessions are for six weeks*
- \* *Continuing services available upon request*

## Registration Information

*For more information or to register, contact West Michigan Therapy:*

**231-728-2138**

[pchandler@wmttlc.com](mailto:pchandler@wmttlc.com)

*or stop in at 130 E. Apple Ave.*