



01.

**Impulse control means stopping to think before doing something.**

Impulsivity is when a person acts or speaks before they have had a chance to think it through.

ADHD can be like having a brain with a sports car engine, but bicycle brakes...



02.



**Impulse control can be harder for ADHD'ers because their brains act so fast.**

ADHD'ers may act first and think later. They often know what's expected, but impulsivity can get in the way.

03.



**Excitement, boredom, fatigue or big feelings can make it even harder to 'pause and think'.**

**ADHD'ers often learn by doing first, and then thinking it through later.**

04.

