

YOUR COACHING MATTERS



"Success is doing what you said you'd do consistently, with Clarity, Focus, Ease and Grace" -Maria Nemeth

Monkey Mind Symptom #17

Impulsiveness

"I want what I want when I want it, and I want it right now!" Impulsivity by definition is a tendency to act on a whim, displaying behavior characterized by little or no forethought, reflection, or consideration of the consequences. Think about how this shows up in our lives. We create a goal, and jump into it without a plan or thinking through how our actions will impact that goal or others. We take actions on a whim without first looking, seeing and telling the truth to make sure that they are *authentic* actions. We engage in wishful thinking, and metafizzle at the border when our lack of forethought has us giving up before we even begin. Impulsiveness shows up in every form of energy. For example, we spend what we don't have, justifying that if we "have checks" or a credit card in hand, then we have money. We eat unhealthy food without considering the consequences. When we recognize that we are swinging with impulsiveness, we have the opportunity to pause and reflect on what we are about to do. Viktor Frankl observed, "Between stimulus and response there is a space. In that space is our power to choose our response. In our response lie our growth and our freedom." The gift of this monkey mind symptom is learning to practice being in that space... before we act impulsively.

Monkey Mind Symptoms

Fragmentation
Being Paranoid
Scarcity Thoughts
Either/or Thinking
Qualifying Statements
Complaining/Petulance
Being a Victim or Martyr
Taking Things Personally
Talking of The Past or Future as if it is the Present



Excuses
Defensive
Deflection
Solidifying
Bargaining
Resignation
Comparison
Being Vague
Justification
Impulsiveness
Rationalization



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