Overview of 'Response Inhibition' Toolbox 

Think before Acting  (Click here for the related tools)

'Think before acting' is essential for successfully completing a task. Restraining the urge to rush in, and carefully examining task requirements beforehand will boost our efficiency. Developing the habit of checking task requirements before acting helps avoid missing crucial information or steps caused by carelessness or haste, raise accuracy and quality of our work.

Suitable situations:

- Initiates a task hastily without thoroughly understanding the task requirements.
- Fails to review the specific steps and preparation needed before starting a task.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
1a. Homework Magnifier	✔				
1b. 'Stop-Think-Choose-Act'	✔	✔	✔	✔	✔
1c. Weekly Planner	✔	✔	✔	✔	✔

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Control Impulsive Responses  (Click here for the related tools)

'Control impulsive responses' means being aware of distractions around and within us, resisting temptations, and keeping our focus on the goal. By shaping our environment and managing internal distractions, we can better resist temptations, quiet our minds, and focus on our current work. Furthermore, if we plan ahead by choosing alternative actions for situations that trigger impulsive responses, and pair this with self-rewards, we can strengthen our impulse control and keep ourselves on track toward our goals.

Suitable situations:

- Gets distracted easily by surroundings or random thoughts, finding it hard to stay focused and resulting in frequently interrupted tasks.
- Finds it hard to control immediate impulsive reactions during social interactions, frequently blurting things out or acting impulsively.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
1d. Focus Zone	✔	✔			
1e. Replacement Loop	✔	✔	✔	✔	✔
1f. Shield of Temptation	✔	✔	✔		
1g. Walk-the-Talk	✔	✔	✔	✔	
1h. Ideas Parking Lot			✔		✔

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Regulate Behaviours and Speech  (Click here for the related tools)

If we can restrain impulsive behaviours and speech, we can avoid acting excessively or saying inappropriate things. Furthermore, this self-regulatory ability allows us to flexibly adjust our words and actions to meet the demands of different situations, thereby demonstrating appropriate social adaptability.

Suitable situations:

- When faced with distractions or more appealing activities, struggles to timely regulate behaviours, which hinders the steady progress of ongoing tasks.
- When interacting with others, frequently compromises interpersonal relationships and effective communication due to impulsive behaviours or ill-considered words.

Relevant tools	Completing Homework	Preparing for Assessment	Managing School Routines	Managing Daily Routines	Interacting with Others
1i. Self-Awareness Tools	✔	✔	✔	✔	✔
1j. Emergency Action Plan	✔	✔	✔	✔	✔
1k. Volume Meter			✔		✔
1l. Social Perspective Map			✔		✔

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