



Impulses and Gratification at Work

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An impulse is the feeling that you have to do or say something right away.

Impulse Control means that you evaluate any idea that comes into your head and decide whether it is a good idea or not. It allows you to think through and judge the consequences of acting upon the idea. It allows you to pursue specific goals and to live up to specific standards.

Observe the ability or inability of people in your organisation to control impulses and delay gratification.

An example might be an impulse to speak out in a meeting by interrupting.

Write some notes about your observations and the consequences of weaknesses in this area.



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