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including the interplay between cognitive processes and emotional regulation, is essential for guiding teenagers towards healthier decision-making and behavior. By fostering self-awareness and mindfulness, teenagers can learn to recognize their thoughts, emotions, and impulses, allowing them to respond more intentionally and make choices aligned with their long-term goals and values.

Furthermore, creating a supportive environment that promotes healthy impulse control is crucial. Parents, educators, and other caregivers play a vital role in modeling positive behaviours, setting appropriate boundaries, and providing consistent discipline and support. Open communication, active listening, and empathy can foster trust and understanding, enabling teenagers to seek guidance and support when faced with challenging situations.