

Tool 4.3: Log your urges

Date:

Do you know how long your urges last? Or when they're strongest? By writing them down, you'll begin to see patterns. If you keep a journal, you can keep it with you and record your urges there. At first, you might jot down many urges per day—that's normal.

Date	Time	Strength (1-10)	Length of Urge	What triggered my urge?	Who/where was involved?	How I coped and felt about it	Ideas for next time
8/29	1:15 pm	8	1 minute	Lunch in a wine bar	Lisa and Stephanie	Told them and forgot pretty fast	Find a new lunch spot

Reflecting on your urges, what hidden triggers do you identify? Do any recurring thought patterns emerge? What places, people, or activities can you avoid or distract yourself from?