

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.

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?