

Tool 4.5: Customize DENTS for you

DENTS (page 44) can help you remember how to get through an urge. Once you're familiar with it, write down what strategies help you in each row.

Deny or delay	How long do urges last if you don't give in? How bad do they get before they fade?
Escape	What triggers can you get away from? How can you minimize their influence?
Neutralize	What techniques help you sit with urges until they pass? What words or SMART activities provide comfort?
Tasks	What activities absorb you fully enough to fend off urges?
Swap	What positive thoughts chase out your negative ones during an urge? What healthy activities clear your mind?