

Urge Tracker

Print this form and carry it with you. Record the details as soon after an urge as possible.

Date/time	Situation <i>(people, place)</i> or trigger <i>(incident, feelings)</i>	What was the urge like?		How I responded	What I'll do next time
		<i>Was it a thought? Emotion? Physical sensation?</i>	<i>Rate it from 1 (mild) to 10 (strong)</i>		

Date/time	Situation <i>(people, place)</i> or trigger <i>(incident, feelings)</i>	What was the urge like?		How I responded	What I'll do next time
		<i>Was it a thought? Emotion? Physical sensation?</i>	<i>Rate it from 1 (mild) to 10 (strong)</i>		