

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

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