

Urge Tool: Log your urges

The Urge Tool helps you identify patterns over time that trigger your urges or behaviors. Greater awareness and reflection can help strengthen your motivation and identify areas you may need support. To find out more join a SMART meeting.

Date:

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						

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?