

# Urge Tracking Log

Day/Time	Situation	Thoughts	Physical Sensations	Urge Rating <i>1=low; 10= high</i>	What did I do?	What did I say to myself?	Second Rating <i>1=low; 10= high</i>
<b>EXAMPLE:</b> Monday, 8/11 10:15 am	Getting home at the end of a long day	"Nobody will know if I use; I deserve a reward."	Tight face; increased heart rate; jittery legs and hands	8	Took deep breaths; went for a walk; spent time with my friend	"Using harms me in the long run; I can reward myself in other ways."	5