**Urge Log**

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| **Urge type:**  | **Date/Time:** |
| **Urge Intensity (1-10):** | **Location:** |
| **Describe the situation:***(context, events, environment, present triggers)* |  |
| **Describe your thoughts:***(interpretations, assumptions, your perspective of events)* |  |
| **Describe your feelings:***(emotion and strength of emotion [0-100%], physical sensations)* |  |
| **What would acting on the urge accomplish?** *(both positive and negative outcomes in the short-term and long-term)* | **Short-term:****+-****Long-term:****+****-** |
| **What would I be trying to communicate with this behaviour?***(what function is this urge trying to serve? What are your needs in this situation?)* |  |
| **If you didn’t act on the urge, what did you do to cope? OR, if you did act on the urge, what will you do to cope in the future?** *(what could meet your needs instead of the urge?)* |  |