**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?)* |  | |