



SMART Recovery
Ireland
Life beyond addiction

Urge Log

Date	Time	Rate 0-10	Length of Urge	What Triggered my Urge?	Where/Who was I with?	How I Coped and my feeling about coping.	Alternative activity, substitute behaviour
29/8	1:15	8	1 min	Having lunch Bar	Lisa and Steph	Told them: Forget about it pretty fast	Avoid having lunch with there