

URGE LOG

DATE	TIME	STRENGTH	LENGTH	TRIGGER	WHERE WAS I & WHO WAS I WITH?	RESPONSE & FEELINGS	ALTERNATIVE ACTIVITY / SUBSTITUTE BEHAVIOUR
29/02	13:15	8	1 MIN	HAVING LUNCH AT BAR	LISA & STEPH	TOLD THEM; FORGOT ABOUT IT PRETTY EASILY. HADN'T USED MY MUA. OK.	AVOID HAVING LUNCH IN THE BAR