



SMART Tool

THE URGE LOG

The urge log can be completed between meetings. It can be a helpful when struggling with urges or the sensation of experiencing one long, continuous and overwhelming urge. By keeping a record of urges it is possible to see:

- That urges are time limited.
- That urges often arrive at particular times and in particular situations – in other words, they have a recognisable or predictable trigger.

This record can help you understand urges and be less driven by them. It can also help in avoiding potential triggers. Sometimes, just by taking notice of a behaviour, it begins to change.

Date time	Intensity	How long?	What prompted?	How did I manage it?
<i>Sample</i> 27/6 8:00 pm	Strong	10 minutes	Friend rang and invited me out for a drink	Said I was having an early night – watched a movie, went to bed

Once you have a better understanding of your experience of urges and cravings, you'll need different coping strategies to help deal with them. Some suggestions for coping with urges are listed below, but group participants will also be able to share ideas with you about what has worked for them.