Urge Log

> *"Do not disturb yourself by thinking of the whole of your life… but on every occasion ask yourself, What is there in this which is intolerable and past bearing?"*
>
> Marcus Aurelius, Meditations 8.36 (tr. Long, adapted)

Log each urge as soon as you can, whether or not you acted on it. Strength is 0 to 10. "What I told myself" is the exact sentence, such as "I deserve it" or "just one". After a week, read it back and circle what repeats.

DAY / TIME	WHERE / WHO WITH	WHAT SET IT OFF	STRENGTH	WHAT I TOLD MYSELF	WHAT I DID	HOW LONG UNTIL IT EASED

At the end of the week: what repeats?

Free to print, copy and share · Not medical advice · Samaritans 116 123 (UK and Ireland) · 988 (US)