Situation Strategy Planner

List the different things that trigger your urges to drink in the table below, along with strategies you plan to use the next time one happens. A word of caution: summoning details about urge experiences can itself trigger an urge. If you feel unsure about doing this on your own, do the activity with a therapist, a doctor, or someone else you trust. You can print or email it to yourself when you are done.

Situation/trigger people, places, times of day, thoughts, emotions, physical sensations	**Strategy** Avoid, review reasons for change, talk it through, distract myself, challenge the thought, ride it out, leave the situation

Handling Urges Tracker

Print this form and carry it with you. Record the details as soon after an urge as possible.

Date/time	Situation (people, place) or trigger (incident, feelings)	What was the urge like?		How I responded	What I'll do next time
		Was it a thought, emotion or physical sensation?	Rate it from 1 (mild) to 10 (strong)		