

# Urge Monitoring

## Instructions

1. Keep a couple of cards of forms and a pen or pencil with you all the time. (Discuss how the Veteran can do this - where to carry the cards, etc. Elicit the Veteran's own ideas.)
2. Whenever you feel an urge to drink or use, write it down as soon as possible. Records are much less accurate and useful if they are made later. Do not, for example, wait until the end of the day and then try to reconstruct your day. Still - better late than never, though.
3. Write down the following four things with each entry:
  - The date and time of day.
  - The situation: Where you were, whom you were with, what you were doing or thinking.
  - Rate how strong the urge was, from 0 (no urge at all) to 100 (strongest you've ever felt).
  - What you did – how you responded to the urge. If you do use, write that down. If you don't, write down what you did instead.

## Urge Monitoring Card Sample

Date/Time	Situation	Rating (0-100%)	How I responded
<i>Sept 12 2:10</i>	<i>Talking about what it was like using with friends. Started to feel a little antsy.</i>	<i>40%</i>	<i>Practiced riding out the urge and using the surfing instructions. Did not use.</i>