

# Tracking Your Self-Destructive Urges

Do you do things that you know are self-destructive? Controlling your urges can be difficult, but keeping track of what you feel and do on a regular basis can help.

Use this worksheet to record the strength of your impulses when they occur, and to record what you do to control your urges (such as distract yourself, practice relaxation techniques, and so on). Make copies of the worksheet on the next page and keep track of your urges for at least two weeks to see if you can reduce your urges as well as your self-destructive behaviors.

1. Rate each time you feel an urge to do something you want to control from 1 to 7 with:  
1=Mild urge to do this to  
7=Very strong urge to do this
2. Write down what you do to try and control this urge.
3. Write down what you actually do.

As you use this worksheet, keep notes on the things that trigger your urges, things that help you control your urges, and other thoughts or insights.

# Tracking Your Urges-Worksheet

What is the most important behavior you are trying to control?

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Date	Date	Time	Rate Urge 1 to 7	Method of Self-Control	What You Actually Did

# Tracking Your Urges-Notes

Write down the people, situations, or events that trigger your urges

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Write down the people, situations, or events that help you control your urges.

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Other thoughts or insights.

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