

# Dealing with Urges

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*Consider your riskiest situations. Then, answer the following questions.*

1) If I felt a strong urge to use or abuse substances and decided to engage in an alternative activity to deal with the urge, my activities of choice would include:

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2) The likelihood I would use Urge Surfing to deal with my urge is:

Highly Likely	Likely	Somewhat Likely	Somewhat Unlikely	Unlikely
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I gave the above response because: \_\_\_\_\_

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3) If I came up with some new thoughts, I would think:

a) \_\_\_\_\_

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b) \_\_\_\_\_

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c) \_\_\_\_\_

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4) People who might help me in making the change are:

a) \_\_\_\_\_

b) \_\_\_\_\_

c) \_\_\_\_\_