



# UNDERSTANDING URGES



**FEED A HABIT**

<b>Common or Typical Beliefs you have around urges</b> <i>(Please include more of your own)</i>	<b>Do you believe these beliefs are True or False.</b> <b>Explain why</b>
E.g. Urges are unbearable & "full on".	
E.g. I have urges ALL THE TIME	
E.g. Urges ALWAYS force me to 'use' or act out.	
E.g. I'll go totally mad if I don't give into the urge.	
E.g. I really have to 'use' right now	
E.g. Acting on the urge ALWAYS gives me the best high	
E.g. Urges control me.	

