CHECKLIST

Urge Management Checklist

- [ ] Leave the room or go outside when the urge arrives
- [ ] Call or text someone who knows about your situation
- [ ] Set a timer and do something else until it goes off
- [ ] Write down what you are feeling and what you would lose
- [ ] Block immediate access by deleting apps or moving your phone
- [ ] Identify your three most common triggers this week
- [ ] Plan one specific activity for your next high-risk time