

Managing Urges

STEP 01

Rate the intensity on a scale from 1-10

STEP 02

invoke the 15 MINUTE RULE (not committing to the impulsive action for 15 minutes.)

STEP 03

While you're waiting for your timer...

- Do a calming activity that has nothing to do with your urge and has the opposite intention
- make a pros and cons list

STEP 04

Repeat Step One

- If the intensity is the same, begin the process over again
- if you're feeling better, you're free to do whatever the hell you want. (and make sure to acknowledge your success and be proud of yourself.)

Remember to give yourself a break.
You're doing your best

-Naruto

