

Five-Column Thought Record-Urges

Situation Describe the people, place, or thing that triggered the urge/craving.	Thought Write down any automatic thoughts (or self-talk) you had about using.	Feeling What feeling(s) did you experience?	Alternative, Realistic Thought Use the questions to come up with a more balanced, realistic thought.	Outcome What feeling or behavior might result from the alternative, realistic thought?