

# Feeling An Urge

**Instructions:** Fill this out during an urge. Learn how to allow the urge to be present.

My Urge is... \_\_\_\_\_

What time of day is it?	What am I feeling? (one word)
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Where is the feeling in my body?	
My breathing feels ...	
My stomach feels ...	
My throat feels ...	
My body temperature feels ...	

**Sit in this urge for 2 minutes. Close your eyes. Notice the sensations.**

What feeling do I want to have? (one word) \_\_\_\_\_

What thoughts can I change to help me feel this feeling?
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**Sit for 1 more minute. Close your eyes and picture times that you have felt this feeling.**



# Feeling An Urge Cont.

Describe how you feel when you visualize this feeling.

Describe how you feel allowing the urge to be there.

What can you do next time you have an urge that will make this process easier for you?

**Feelings  
can be  
created by  
your mind  
at any  
time.**



# Allowed Urge

Remember what made you successful with feeling your urge and not giving in. Fill out an allowed urge write up every time you overcome an urge.

## ALLOWED URGE WRITE UP

My urge was ...

My thought about my urge  
was ...

It felt ...

I didn't give into my urge because ...

This worked for me because ...

I feel proud of myself because ...

## ALLOWED URGE WRITE UP

My urge was ...

My thought about my urge  
was ...

It felt ...

I didn't give into my urge because ...

This worked for me because ...

I feel proud of myself because ...



# Handled Urge Tracker

**Instructions:** Track your progress.

#	Date	My Urge	Feeling an Urge Worksheet	Curiosity Worksheet
1.			<input type="radio"/>	<input type="radio"/>
2.			<input type="radio"/>	<input type="radio"/>
3.			<input type="radio"/>	<input type="radio"/>
4.			<input type="radio"/>	<input type="radio"/>
5.			<input type="radio"/>	<input type="radio"/>
6.			<input type="radio"/>	<input type="radio"/>
7.			<input type="radio"/>	<input type="radio"/>
8.			<input type="radio"/>	<input type="radio"/>
9.			<input type="radio"/>	<input type="radio"/>
10.			<input type="radio"/>	<input type="radio"/>
11.			<input type="radio"/>	<input type="radio"/>
12.			<input type="radio"/>	<input type="radio"/>
13.			<input type="radio"/>	<input type="radio"/>
14.			<input type="radio"/>	<input type="radio"/>
15.			<input type="radio"/>	<input type="radio"/>
16.			<input type="radio"/>	<input type="radio"/>
17.			<input type="radio"/>	<input type="radio"/>
18.			<input type="radio"/>	<input type="radio"/>
19.			<input type="radio"/>	<input type="radio"/>
20.			<input type="radio"/>	<input type="radio"/>
21.			<input type="radio"/>	<input type="radio"/>
22.			<input type="radio"/>	<input type="radio"/>
23.			<input type="radio"/>	<input type="radio"/>
24.			<input type="radio"/>	<input type="radio"/>
25.			<input type="radio"/>	<input type="radio"/>



# Curiosity Worksheet

What did you overeat that wasn't on your 24 hour plan?

What time of day did the overeat/off-plan eat happen?

Are you noticing any patterns? What are they?

The reason you ate was...

What would've worked better? What else could you have done?

What do you want to choose to think about this moving forward?

What were you telling yourself leading up to the off plan eat? Be very specific

What did you learn about yourself from this experience?

How will you handle this next time? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_