

Form 7.2 - Identifying Urges and Automatic Thoughts

Problems Making Plans	Problems Following Through	Emotion-Driven Impulses	Sensation-Seeking
Urge:	Urge:	Urge:	Urge:
<i>Because...</i>	<i>Because...</i>	<i>Because...</i>	<i>Because...</i>
Urge:	Urge:	Urge:	Urge:
<i>Because...</i>	<i>Because...</i>	<i>Because...</i>	<i>Because...</i>
Urge:	Urge:	Urge:	Urge:
<i>Because...</i>	<i>Because...</i>	<i>Because...</i>	<i>Because...</i>
Urge:	Urge:	Urge:	Urge:
<i>Because...</i>	<i>Because...</i>	<i>Because...</i>	<i>Because...</i>

In each column, please reflect on your impulsive urges and list them in the “Urge” box. In the “Because” box. Then, list the immediate/likely reason you had that urge (ex. “I couldn’t stand feeling any more pain”; “They were rude to me”; “I needed to feel something good in that moment”).