S.E.C.R.E.T. Tool: My Urge Tracker Worksheet

A practical tool to help me notice urges, understand what triggered them, and learn what helps me move through them safely.

Name: _____ | **Date:** _____

1 What triggered the urge?

What was happening before the urge showed up?

_____

_____

2 What was I feeling, thinking, or needing?

Feelings: _____

Thoughts: _____

What I needed: _____

3 How strong was the urge?

Urge level at the start: _____ / 10 | Urge level after using a coping strategy: _____ / 10

4 What did the urge tell me to do?

What did the urge want me to believe or act on?

_____

_____

5 What did I do instead?

What safer action, delay, distraction, support, or coping strategy did I use?

_____

_____

6 What helped me get through it?

What made the urge reduce, pass, or feel more manageable?

_____

_____

7 What did I learn?

What pattern, trigger, thought, or coping strategy do I want to remember next time?

_____

_____

My Next Safe Step

One thing I can do now to protect my recovery is: _____

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