

HANDLING MY URGE

TO _____



STOP AND RELAX, THEN THINK...

CONSIDER YOUR OPTIONS AND
MAKE A GOOD DECISION



RELAX BY TAKING _____ DEEP
BREATHS OR _____
THINK ABOUT _____
REMEMBER THAT YOU CAN MAKE
GOOD CHOICES

○

ASK FOR HELP FROM

OR _____

OR _____



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DISTRACTION IS A GREAT COPING SKILL



- TALK TO SOMEONE ABOUT YOUR
- URGES SO THEY CAN HELP YOU
- MAKE A GOOD CHOICE
- IT'S AWKWARD, BUT DO IT ANYWAY
- YOUR FRIENDS AND FAMILY ARE
- USUALLY GLAD TO BE HELPFUL SINCE
- IT MAKES THEM FEEL IMPORTANT.




- THINK ABOUT WHAT YOU CAN
- DO THAT IS FUN AND SATISFYING
- DECIDE ON AT LEAST 3 THINGS
- PREARRANGE WITH YOUR CARE-
- GIVERS SO YOU DON'T HAVE TO
- WAIT FOR PERMISSION
- GOOD JOB ON CHOOSING WELL

○

OPTION ____


WAIT AND SEE;
IGNORE THE
URGE





○

OPTION ____

STOP
THE
URGE



- 
- CONTINUE WITH CURRENT ACTIVITY
 - DO SOMETHING ELSE
 - WAIT ____ MINUTES AND CHECK TO SEE IF THE URGE GOES AWAY
 - ASK YOUR MIND AND YOUR BODY WHAT IT REALLY NEEDS
 - DO ANOTHER OPTION IF YOU STILL FEEL THE URGE

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- CHANGE THOUGHTS BY THINKING ____
 - COPE WITH FEELINGS BY ____
 - CHANGE SENSATIONS IN BODY BY ____
 - DO ANOTHER OPTION IF NEEDED

OPTION —

AN UNWISE
OPTION

- HAVE YOU TRIED OTHER OPTIONS FIRST?
- HOW WILL YOU FEEL LATER ABOUT THIS OPTION IF YOU CHOOSE IT?
- HOW OFTEN HAVE YOU BEEN DOING THIS?
- IS THIS THE RIGHT TIME?
- IS THIS THE RIGHT PLACE?
- WILL YOU BE INTERRUPTED?

- STOP ~ THINK AGAIN
- REMEMBER THE CONSEQUENCES
 - THIS WON'T SOLVE YOUR PROBLEMS
 - THIS IS THE WRONG OPTION
 - GO BACK TO THE BEGINNING AND RELAX SO YOU CAN THINK CLEARLY
 - ASK FOR HELP FROM _____

GOOD JOB !!!!

YOU TRIED HARD TO
MAKE A
GOOD DECISION



OPTION _____



- IF YOU REGRET YOUR DECISION, YOU CAN ALWAYS TRY AGAIN NEXT TIME
- DON'T GIVE UP!!
- BABY STEPS ARE OK
- IF YOU ARE PROUD OF YOUR CHOICE, REMEMBER THIS FEELING TO HELP YOU AGAIN IN THE FUTURE



- IS THIS HELPFUL?
- IS THIS THE RIGHT TIME?
- IS THIS THE RIGHT PLACE?
- HOW WILL YOU FEEL LATER?
- HOW OFTEN HAVE YOU BEEN DOING THIS?