

Figure 4.7. DEADS worksheet.

Identify your strategies for successfully coping with urges.

D = Deny/ Delay (Don't give in to the urge)

- How long do urges last if you don't give in? How bad do they get before fading?
What can you quickly do that will help you deny them?

E = Escape

- What triggers can you get away from? What can you do to escape a trigger's influence?

A = Avoid, accept or attack

- What can you do to avoid urges?
- What techniques or strategies have helped you "to be" with the urge until it passes without giving in? How do they make you feel and think that is different from how you think and feel when you're not having an urge?
- What tools or words can you use to attack the urge?

D = Distract yourself with an activity

- What activities have you considered, written down, or done to take your mind off the urge and to fill the time that you used to spend on your addictive activity?

S = Substitute for addictive thinking

- What thoughts can/have you developed to dispute the illogical thinking that comes with urges?
- What healthy activities can you do to replace down thinking and feeling?