

DEADS Worksheet

Deny –

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?

Escape –

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

Avoid –

What can you do to avoid urges? What techniques have helped you cope with the urge until it passes without giving in?

Distract –

What activities have you considered to take your mind off the urge?

Substitute –

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?
