Pros and cons of acting on an urge

Do this when you are calm, so it is ready when you are not.

Name _____ Date _____

The urge (for example: to drink, or to send the message)

	Pros	Cons
Acting on the urge	**Good things about acting on it**	**Bad things about acting on it**
Riding it out	**Good things about not acting on it**	**Bad things about not acting on it**

Looking at short term and long term, which choice fits the life I want?

What I will read back to myself when the urge is strong

Keep this somewhere you can find it fast. Pros and cons is a distress tolerance skill from Dialectical Behaviour Therapy (DBT).

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