WORKSHEET 83 · FOR THE PSYCHOLOGIST

For and against the urge

Thinking about the consequences before acting in the heat of the moment

AIM

Prepare in advance, in a calm state, an analysis of the pros and cons of acting on an urge (and of resisting it), to consult during a crisis.

WHO IT IS FOR

Repeated impulsive behaviours (anger outbursts, shopping, substance use, risky behaviour, self-harm).

DURATION

15 min in session; rereading in the situation

HOW TO RUN IT

1. Choose an urge that keeps coming back.
2. Fill in the four boxes while calm: acting / not acting, pros / cons, short and long term.
3. Make the long-term consequences visible, as they get forgotten in the heat of emotion.
4. Keep the worksheet to hand and reread it when the urge appears.

POINTS TO WATCH

> If there is self-harm or dangerous behaviour, this worksheet complements but does not replace a safety plan (worksheet 89) and follow-up.

REFERENCES

Linehan, M. M. (2015). DBT Skills Training Manual (2nd ed.). Guilford.

PSYCHOLOGIST'S NOTES

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WORKSHEET 83 · WORKSHEET TO HAND OUT

For and against the urge

In the heat of emotion we only see the immediate relief. Preparing a list of pros and cons when calm helps you remember the long term when the urge comes.

1. The urge that keeps coming back: _____
2. Fill in the four boxes, calmly.
3. Circle what matters most to you in the long term.
4. Carry the worksheet with you and reread it when the urge comes.

Acting: pros	Acting: cons	Resisting: pros	Resisting: cons

What I want to remind myself when the urge comes:

These exercises do not replace therapy. If you are in distress or having suicidal thoughts: 112 (European Union), 3114 (France) or the emergency number of the country where you live.

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