

Keeping a Journal

A structured record of each day

Positives and victories from the day	1.	13.
	2.	14.
	3.	15.
	4.	16.
	5.	17.
	6.	18.
	7.	19.
	8.	20.
	9.	21.
	10.	22.
	11.	23.
	12.	24.
Urges	How strong (1-10)?	
	How long?	
	Actions, thoughts, feelings prior to urge	
	Skills used	
	Feelings and thoughts post-urge	
Lapses	What were you doing, feeling and thinking prior to the lapse?	
	Was this an urge that led to a lapse or was it something else? Explain.	
	What else was happening or was different?	
	What can you learn from the lapse?	
Other important events		