

URGE WORKSHEET

WE RESPOND TO OUR DESIRE TO BUFFER BY OUR CONDITIONED URGES MOST OF THE TIME. WE FEEL AN URGE AND IT FEELS "URGENT". WE RESPOND TO THIS URGE BY BUFFERING. THIS ACTIVITY GIVES US AN IMMEDIATE REWARD AND PERPETUATES THIS "THOUGHT ERROR" CYCLE THAT THE BRAIN BELIEVES IS REQUIRED FOR SURVIVAL.

WHAT EXACTLY DOES AN URGE FEEL LIKE WHEN IT FIRST APPEARS?

WHAT DOES IT FEEL LIKE WHEN YOU TRY TO RESIST IT?

WHAT DOES IT FEEL LIKE WHEN YOU REACT TO IT AND "OBEY" IT?

WHAT DOES IT FEEL LIKE WHEN YOU DON'T REACT OR RESIST, BUT ALLOW IT? DESCRIBE IN DETAIL.

IF AN URGE IS CAUSED BY A THOUGHT ERROR, WHAT IS YOUR MOST COMMON THOUGHT ERROR THAT CAUSES OVERDESIRED AND BUFFERING?

IF YOU ALLOWED AN URGE, WHAT WOULD IT BE LIKE FOR YOU? HOW WOULD YOUR THOUGHTS AND FEELINGS CHANGE? HOW WOULD YOUR ACTIONS AND RESULTS CHANGE?

This image shows a single sheet of white paper with horizontal blue or grey ruling lines. The lines are evenly spaced and run across the width of the page. There are approximately 20 lines visible. The paper has a slight shadow on its right side, suggesting it's resting on a surface.

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