



## Urge Worksheet

Usually, we respond to our desire to eat by our conditioned urges. We feel an urge, and it feels “urgent.” We respond to this urge by overeating. The overeating gives us an immediate reward and perpetuates the urge cycle. Get some paper and write out your answers the questions below.

1. What exactly does an urge feel like when it first appears?
2. What does it feel like when you try to resist it?
3. What does it feel like when you reward and obey it?
4. What does it feel like when you just allow it to be there?  
Describe in detail.
5. If an urge is caused by a thought error, what is your most common thought error that causes overeating?
6. If you mastered the skill of managing your urges, how would this skill serve you in other areas of your life?