

Tool 4.5: Customize DENTS for you

DENTS (page 44) can help you remember how to get through an urge. Once you're familiar with it, write down what strategies help you in each row.

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| Deny or delay | How long do urges last if you don't give in? How bad do they get before they fade? |
| Escape | What triggers can you get away from? How can you minimize their influence? |
| Neutralize | What techniques help you sit with urges until they pass? What words or SMART activities provide comfort? |
| Tasks | What activities absorb you fully enough to fend off urges? |
| Swap | What positive thoughts chase out your negative ones during an urge? What healthy activities clear your mind? |