




# Curb the Urge

WORKSHEET 

Complete this section <i>BEFORE</i> you do the exercise	
<b>My Exercise</b>	Which type of checking urges will you curb? Which will you delay?
<b>Old Monkey Mindset</b>	Example: "If not checking feels bad, I need to check to feel better." 
<b>New Expansive Mindset</b>	Example: "I can choose to be in this moment without checking my phone."
 <b>My Higher Values</b>	<p>Underline the values you will honor with this exercise.</p> <p>Presence      Patience      Creativity      Self-compassion</p> <p>Self-reliance      Resilience      Resourcefulness      Peace</p> <p>Other _____</p>

Complete this section <i>AFTER</i> you do the exercise	
 <b>Negative Emotions Welcomed</b>	<p>Underline the feelings you allowed yourself to feel during this exercise.</p> <p>Lonely      Irritation      Impatience      Disappointment</p> <p>Nervous      Anger      Boredom      Lost</p> <p>Other _____</p>
<b>Star Rewards Checklist</b>	<p>Color in a star for each item you checked on the checklist.</p> <ul style="list-style-type: none"> <li>☆ Listened to my AudioCoach before/during the exercise</li> <li>☆ Welcomed negative emotions with my breath</li> <li>☆ Redirected myself to my expansive mindset</li> <li>☆ Used my wristband or other kinesthetic learning tool</li> </ul>