

Gambling Urge Tracker Worksheet

For Step 5 of the Recovery Roadmap: Tracking Progress

Understanding your urges is key to overcoming them. This worksheet helps you observe patterns, recognize emotional triggers, and respond to urges with intention—not impulse.

Section 1: Daily Urge Log

Record one entry per urge.

Date	Time	Intensity (1–10)	Trigger (e.g. stress, boredom)	Situation	Emotion(s)	Did you gamble?	Coping Response
						<input type="checkbox"/> Yes <input type="checkbox"/> No	
						<input type="checkbox"/> Yes <input type="checkbox"/> No	
						<input type="checkbox"/> Yes <input type="checkbox"/> No	

Section 2: Emotional Awareness Prompts

Choose 1–2 of these to reflect on each week:

- What emotions tend to drive my urges?

- When an urge hits, what story do I tell myself? *Example: “Just this one time will fix everything.”* _____
- Which coping responses feel most helpful afterward?

- What response can I try next time the urge appears?

Section 3: Weekly Pattern Reflection

At the end of the week, pause and assess:

- Peak times for urges this week: ☐ Morning ☐ Afternoon ☐ Evening ☐ Weekend ☐
Specific days: _____
- Common triggers I noticed: ☐ Stress ☐ Isolation ☐ Conflict ☐ Financial pressure ☐
Other: _____
- Urge intensity this week (circle): ☒ Low ☐ Moderate ☐ High
- My most successful coping response:

Section 4: Compassion Check-In

Before finishing, take 1–2 minutes to write yourself a kind note:

“Even though I had urges this week, I stayed curious and grounded.” “Tracking is progress—even if I slipped.” “I’m learning how to feel without fleeing.”

Write your own: _____

Optional Companion Tools

- ☒ CBT Thought Record Worksheet
- ☒ Recovery Journal Templates
- ☒ Online-Therapy.com CBT Toolkit