

### Craving-Urge Log

Rate cravings or urges for alcohol 0 low – 10 high	Monday Date: _____	Tuesday Date: _____	Wednesday Date: _____	Thursday Date: _____	Friday Date: _____	Saturday Date: _____	Sunday Date: _____
<b>Morning</b>  What was happening at the time? What emotions were present?							
<b>Afternoon</b>  What was happening at the time? What emotions were present?							
<b>Evening</b>  What was happening at the time? What emotions were present?							
Rate overall mood today 1 - 10 Depressed-positive							

