

DENTS Tool

(aka DEADS) – Mike's Extended Version – Identify your tactics for coping with urges (before and during)

This template is based upon the original SmartRecovery DEADS/DENTS worksheets. There are a couple of differences. 1) You are asked to identify the target activity or time where this particular worksheet applies to your life. 2) It adds numbered space for you to complete each section. 3) The headings and descriptions are expanded somewhat to help prompt your thinking. And, 4) the tactics are listed in order of simple methods to more complex – Avoid, Distract, Substitute, Dismiss, Accept.

Today's Date:		Date of Next Review:	
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Which major daily activity, time of day or week, event or situation, is this particular worksheet for:

Examples: weekdays, weekends, mornings, midday, evenings, work, travel, boredom, stress, party, etc.

AVOID: List ways in which you reduce urges by avoiding (escaping from) triggers:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

DISTRACT: List ways in which you will handle urges by distraction (interception):

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

SUBSTITUTE: List ways in which you will handle urges by substitution:

1.	
2.	
3.	
4.	

5.	
6.	
7.	
8.	
9.	
10.	

DISMISS: List ways in which you will handle urges by dismissing (denying) them:

11.	
12.	
13.	
14.	
15.	
16.	
17.	
18.	
19.	
20.	

ACCEPT: List ways in which you will handle urges by accepting or attacking them:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

Keep this worksheet nearby (along with your urge log) so that you can integrate these methods into your daily activities and schedule (which becomes your replacement behavior). A suggestion might be to keep all of your own completed smart tools in a folder/binder so that they become your work book, the contents of which become your own customized program.

Notes:
