

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) Extra numbered lines are provided for you to complete each section. 3) Headings and descriptions help you to formulate tactics. And, 4) the tactics are listed in order of goal, process, and identity related techniques – Avoid, Distract, Substitute, Dismiss, Accept.

Today's Date:		Date of Next Review:	
Situation:			

Situation examples: weekdays, weekends, mornings, evenings, work, travel, boredom, stress, party...

Tactic	Primary Response	Explanation
Avoid	Flight	Planning ways to ensure that you are not in the presence of triggers of urges.
Distract	Fight	Planning alternative actions to take in the immediate presence of urges.
Substitute	Fight	Planning activities and events intended to overwhelm or mask urges.
Dismiss	Fawn	Planning feelings, thoughts, and behaviors intended to cancel out/diminish urges.
Accept	Freeze	Planning ways to experience feelings and thoughts during urges that allow you to let go of them.

PLANNING (Doing!)	Complete as many lines of each of the following sections as you can.
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AVOID:	List ways you will limit urges by <u>reducing availability or nearness (proximity)</u> to triggers:
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

DISTRACT:	List ways in which you will handle urges by immediate <u>interception</u> and <u>staying busy</u> :
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	

9.	
10.	

SUBSTITUTE:	List ways in which you will handle urges by <u>replacing</u> them with alternatives:
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

DISMISS:	List ways in which you will handle urges by <u>dismissing</u> or <u>denying</u> them:
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

ACCEPT:	List ways in which you will handle urges by simply <u>experiencing/sitting with</u> 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 program of recovery and activities. Complete this process for various unique activities where urges are likely to occur. Review and make adjustments to your tactics regularly. Stack methods together so that your resolve is encouraged and confidence grows. Celebrate your successes. Learn from your experiences.