

## Worksheet 2.1 - The CURE Tracker

This tool is named the CURE Tracker (Cue, Urge, Response, and Effect) – the four stages of the P&M cycle that are helpful to track.

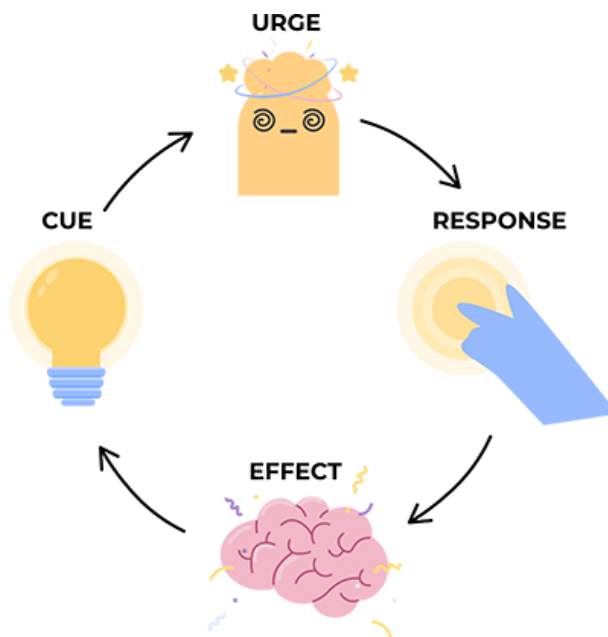
Draw a chart with four columns that correspond to each of the stages (see an example on the next page). In each column, we'd like you to write detailed descriptions as follows:

1

**CUE:** What situation came immediately before the urge. Was it a particular event (e.g., something upsetting or anxiety-provoking) that occurred? Was it a sensory trigger (e.g., an image, something you heard, smelled, touched, or even tasted)? Was the trigger an emotional one (e.g., anger, delight, or sadness)? What were your thoughts at the time?

2

**URGE** Give each urge a rating between 1 and 10 - with 1 being the weakest and 10 the strongest. If you didn't feel an urge at all, rate it 0.



3

**RESPONSE:** How did you respond to the urge? Did you act on it, or were you able to ignore it? What strategy did you use? Note down exactly what happened.

4

**Effect:** Write a detailed description of the consequences of the behavior. If you acted on the urge, what happened afterward in both the short term and the long term? For example, how did you feel during and immediately after the urge? What effect did the choice to act on the urge or ignore it have on your life and emotional state?

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## Sample CURE Tracker

<b>Cue</b> What happened before the urge?	<b>Urge Strength Rating</b>	<b>Response</b> What did I do?	<b>Effect</b> What effect happened afterwards?
Thursday, 11 pm. Was feeling upset as I'd just had an argument with a friend. Was reading his angry texts on my phone while in bed.	5	I ended up watching porn (via the app with the loophole) and masturbating until 1 am.	It relaxed me and took my mind off the argument. I'm starting to regret it now, though, as I have to get up at 6 am tomorrow!
Friday at 9.30 am. Was annoyed at myself for oversleeping. I thought that since my day is messed up anyway, why resist the urge?	2	I masturbated for a while instead of getting out of bed.	I can't say I enjoyed it, particularly. I'm annoyed at myself for doing it again. My habit feels out of control...
Sunday at 10.45 pm. I had a productive day and feel great. Feeling a few exam nerves about the test I'm taking tomorrow. Checking news headlines on my phone.	6	I felt an urge so I turned off my phone and continued learning for tomorrow's test.	I feel proud of myself as I ignored my urge and it subsided - ate some chocolate to reward myself. Going to bed now.
Monday at 7.30 pm: I scored 100% on my test and had an excellent day! Saw a lingerie ad.	4	I was tempted to visit a porn site but my roommate walked in B"H. We got talking and I soon forgot all about the urge.	I feel lucky my urge was interrupted this time - relieved I didn't give into it. Going to bed to get a good night's sleep.

Feel free to customize this chart so that it suits you. For example, you may want to add another column about any lessons you feel you're learning from each urge episode. Continue writing in the CURE tracker chart for at least a week until you see a trend emerge (afterward, you can switch to a simpler form of tracking).

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## Your CURE Tracker

<b>Cue</b> What happened before the urge?	<b>Urge</b> Strength Rating	<b>Response</b> What did I do?	<b>Effect</b> What effect happened afterwards?