One of the challenges people face when making changes to their technology use is learning to cope with urges and temptations. Urges are usually the strongest during the first few weeks of quitting or cutting back.

Developing new ways of coping when this happens is important, but first it is necessary to evaluate your existing coping skills. This will help you identify factors and increase your awareness about situations that may put you at risk.

Keeping track of your urges and coping strategies can increase your understanding of the role problem technology use plays in your life. It can help you identify the approaches that are most effective for avoiding problematic use.

**Example**

**Where were you and with whom?**
I was alone at the computer doing some online banking.

**Describe how you were feeling.**
I was feeling bored and tired.

**What did you say to yourself?**
If I start to game or browse, I will lose track of time, end up going to bed too late and then won’t be able to perform at work tomorrow.

**What did you do instead?**
I did my banking, walked my dog for an hour and went to bed.

**Did your plan work?**
Yes.

**By thinking**
Using self-talk and “thinking” strategies, such as remembering past problems and thinking about how well you’ve been doing to accomplish your goal, will help you be more successful at fighting the urge to go online.

**By acting**
Engaging in meaningful activities will help you stay away from gaming and Internet use. It can also help you overcome a mental health concern and enhance your quality of life.
COPING WITH TRIGGERS & URGES

URGE RECORD

Where were you and with whom?

Describe how you were feeling.

What did you say to yourself?

What did you do instead?

Did your plan work?

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Where were you and with whom?

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