Urge log

For one week, write down a line every time the urge to check comes. There's no right or wrong, no points and no evaluation. “Yes, I checked” is just as useful as “no”.

What did you want to do? G = google · AI = ask an AI · B = touch or look at your body · M = measure · D = book a doctor's appointment · A = ask someone · O = something else

Date, time	What did you want to do?	Anxiety before (0–10)	How long did you wait?	Checked? (yes/no)	Anxiety after (0–10)	Note

Waiting it out is never for emergencies: call your local emergency number (112 in Europe, 911 in the US). More numbers: pausewave.app/en/crisis-help

This worksheet doesn't replace a medical examination or psychotherapy. New or ongoing complaints belong in a doctor's office.

Urge log, continued

Date, time	What did you want to do?	Anxiety before (0–10)	How long did you wait?	Checked? (yes/no)	Anxiety after (0–10)	Note

After one week: Which kind came most often? At what time of day? What happened when you waited?

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