## **Module 7: Addiction**

It is important to review how well you are managing your urges and the techniques which work well for you. Completing the diary below can be a way of doing this.

Situation (day, time, mood, location)	Strength of urge (1= low, 10 = high)	Technique used	Strength of urge after (1= low, 10 = high)

This can also be used to help you recognise patterns when your urge to access sexual images of children is strongest or what moods are linked to the urges. This awareness will help with your relapse prevention and risk management.