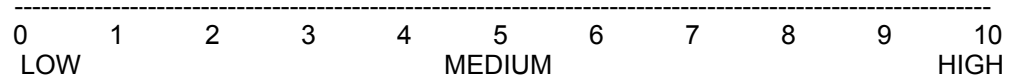


INTENSITY OF URGE OR EMOTION SCALES



Instructions: Choose the scale that best suits you to evaluate how strong your urge or emotion feels. Be clear which scale you are using when discussing with your therapist.

W. L. Knupp