



Destructive Images and Self-talk Awareness and Refusal Method (DISARM)

In the same way that your addictive behavior is only a behavior and not “you,” an urge is merely a feeling or an impulse you experience, not the essence of you.

Some people find it helps to cope with their urges if they give them a name, as if the urges were another being or something outside themselves.

Give your urge and its voice a name that describes what it feels like when the urge comes on. SMART participants have used names like, “The Inner Brat,” “The Lobbyist,” “The Whiner,” and simply, “The Enemy.”

Naming your urge may help you recognize it sooner. When you hear the first whispers of its voice, address it by name, and firmly refuse it. Tell it to get lost or that it’s no longer welcome; laugh at it. Then visualize it getting smaller and weaker, and disappearing.

Personifying your urge helps in two ways: It serves as a reminder that you are not your behavior; it defines something that, until now, may have felt amorphous and shadowy. It puts you in a power position over the urge and our addictive behavior.

