

**EMDR for Addictions- Trigger and Level of Urge list**  
**Based on the De TUR Protocol by A. J. Popky**

**T1** \_\_\_\_\_  
\_\_\_\_\_ **LoU=** 0 1 2 3 4 5 6 7 8 9 10  
No Urge Strongest Urge

**T2** \_\_\_\_\_  
\_\_\_\_\_ **LoU=** 0 1 2 3 4 5 6 7 8 9 10  
No Urge Strongest Urge

**T3** \_\_\_\_\_  
\_\_\_\_\_ **LoU=** 0 1 2 3 4 5 6 7 8 9 10  
No Urge Strongest Urge

**T4** \_\_\_\_\_  
\_\_\_\_\_ **LoU=** 0 1 2 3 4 5 6 7 8 9 10  
No Urge Strongest Urge

**T5** \_\_\_\_\_  
\_\_\_\_\_ **LoU=** 0 1 2 3 4 5 6 7 8 9 10  
No Urge Strongest Urge

**T6** \_\_\_\_\_  
\_\_\_\_\_ **LoU=** 0 1 2 3 4 5 6 7 8 9 10  
No Urge Strongest Urge

**T7** \_\_\_\_\_  
\_\_\_\_\_ **LoU=** 0 1 2 3 4 5 6 7 8 9 10  
No Urge Strongest Urge

**T8** \_\_\_\_\_  
\_\_\_\_\_ **LoU=** 0 1 2 3 4 5 6 7 8 9 10  
No Urge Strongest Urge

**T9** \_\_\_\_\_  
\_\_\_\_\_ **LoU=** 0 1 2 3 4 5 6 7 8 9 10  
No Urge Strongest Urge

**T10** \_\_\_\_\_  
\_\_\_\_\_ **LoU=** 0 1 2 3 4 5 6 7 8 9 10  
No Urge Strongest Urge