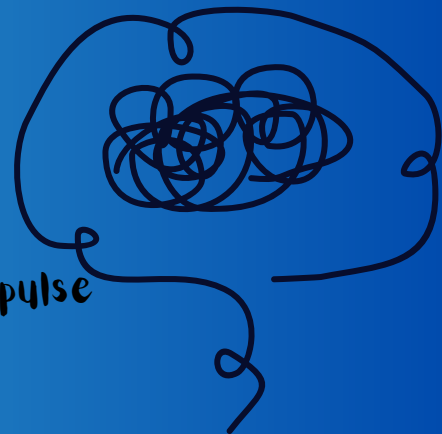




Urge Surfing

A Practical Guide to Riding the Waves of Impulse



Name: _____

Date: _____

What Is Urge Surfing?

Urges are like waves—they rise, peak, and fall. You don't have to fight them or act on them. You can notice them, ride them out, and let them pass.

Ride the Wave (Steps)

1. Notice the Urge

What am I feeling right now?

2. Pause & Breathe

Take slow, deep breaths.

Focus on your breathing for a moment.

3. Observe Without Judgment

Where do I feel this in my body?

What thoughts are coming up?

4. **Stay With It**

Remind yourself:

“This feeling will pass.”

5. **Let It Fade**

Notice when the urge starts to decrease.

Track Your Urge

Urge intensity (circle):

1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 – 9 – 10

How long did it last?

Reflection

- What helped me get through the urge?

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- What did I learn from this experience?

Next Time

- What can I do again when I feel this urge?

“Urges are temporary. I can ride them like waves.”