

Urge Surfing

Ride the wave — don't fight it, don't give in



Name: _____ Date: _____

Cravings rise and fall like waves. This tool teaches you to ride them out instead of fighting or giving in. Use it in the moment or as a reflection afterwards.

1 Notice the urge.

Acknowledge it without acting on it. What triggered it?

2 Where do you feel it in your body?

Chest, stomach, hands, jaw? Describe the physical sensation.

3 Breathe and watch it rise and fall.

Focus on your breathing. Notice how the urge shifts in intensity.

4 How long did it last? What helped?

Record the duration and what you did to ride it out.

5 Reflection: What did I learn from this urge?

What will you do differently next time? What worked?

 "Peace I leave with you; my peace I give you." — John 14:27