

Urge Surfing Worksheet

Urge surfing is a mindfulness-based technique that helps you observe your urges without acting on them. By acknowledging the urge and allowing it to pass, you can gain control over impulsive behaviors and cravings.

1. What is the urge you want to surf? (e.g., craving for a cigarette, urge to binge eat)

2. What triggers this urge? (e.g., stress, boredom, specific situations)

3. Surfing the Urge

- When you feel the urge, pause and take a moment to observe it.
- Notice where you feel the urge in your body (e.g., tightness in your chest, tension in your muscles).

- Describe the urge to yourself without judgment. What does it feel like? What thoughts are associated with it?

- Focus on the physical sensations of the urge. Imagine you are riding a wave, with the urge being the wave.

- Take slow, deep breaths. Inhale deeply through your nose, hold for a few seconds, and exhale slowly through your mouth.

- Observe how the intensity of the urge changes over time. It may increase, peak, and eventually subside.

- Continue to ride the wave of the urge without acting on it. Remind yourself that urges are temporary and will pass.

4. Reflect on the Experience:

- How did it feel to observe and ride out the urge without giving in to it?

- What did you notice about the intensity and duration of the urge?

- How did your thoughts and emotions change during the process?
