

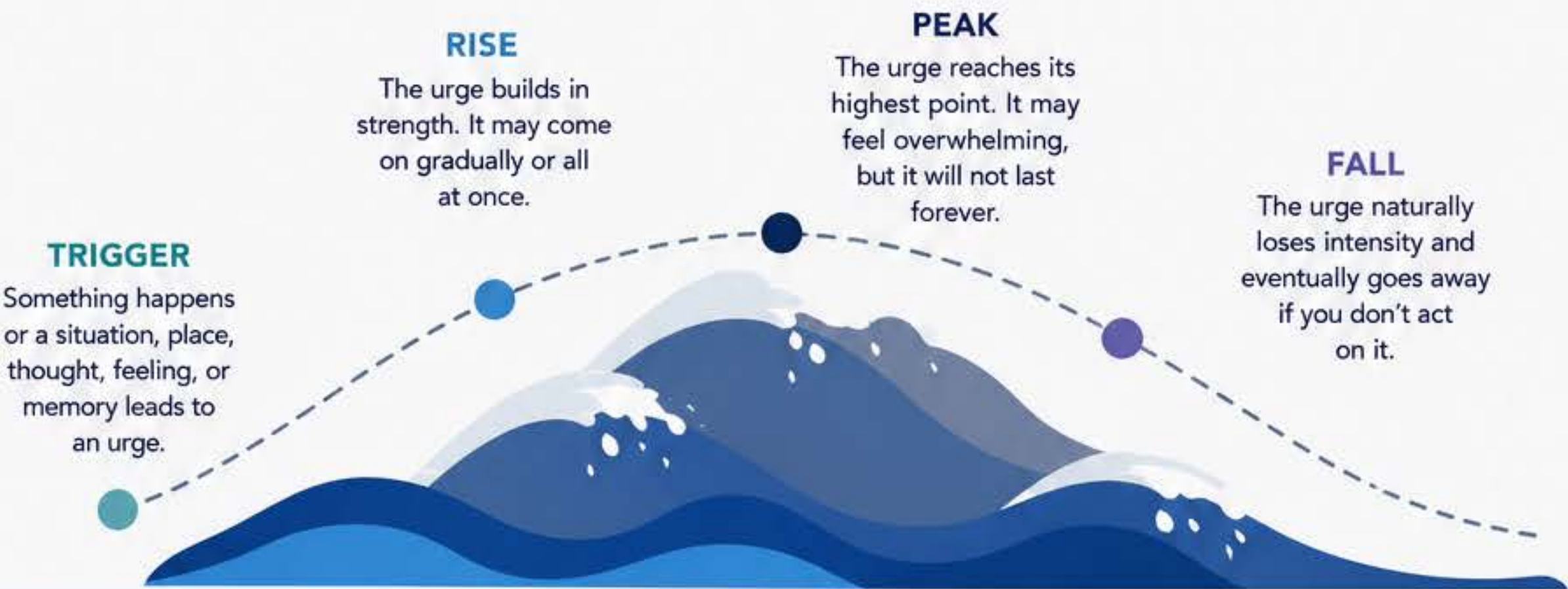
Urge Surfing

Urge surfing is a mindfulness skill that helps you ride out urges without acting on them. Instead of fighting the urge or giving in, you allow it to rise, peak, and fall like a wave. If you wait it out, the urge will pass.

You can use urge surfing to reduce or stop drug or alcohol use and to manage intense emotions such as anger, anxiety, or cravings.



THE URGE WAVE



How to Practice Urge Surfing

- 1 Acknowledge** you are having an urge.
- 2 Notice your thoughts and feelings** without trying to change or suppress them.
Note: It is normal to feel some discomfort during an urge.
- 3 Remind yourself...**
 - It is okay to have urges. They are natural reactions to addictions and habits.
 - An urge is a feeling, not a “must.” I can have this feeling and choose not to act.
 - Some discomfort is okay. I don’t have to change it.
 - An urge is temporary. Like any other feeling, it will pass on its own.

Other Helpful Tools



Manage Triggers

Use coping skills to reduce the power of triggers. Know your triggers ahead of time, and have a plan or skill ready for each one.

Examples: deep breathing if stressed, eating if hungry, leaving a location if it is high risk



Delay & Distract

Do something to take your mind off the urge. Every minute you delay increases the chance of the urge weakening on its own.

Examples: go for a walk, listen to music, call a friend, read a book, practice a hobby



You don't have to stop the wave—just ride it.
It will pass.