



Urge Surfing

Ride the wave of an urge without automatically acting on it.

An urge can feel urgent without being a command. Urge surfing means noticing the urge, allowing it to rise and fall, and choosing whether to act instead of reacting automatically.

THE WAVE

TRIGGER	RISE	PEAK	FALL
A person, place, thought, feeling, memory, or situation activates the urge.	The urge becomes stronger - gradually or suddenly.	The urge feels most intense and may seem as if it will last forever.	The intensity decreases. The urge changes and eventually passes.

HOW TO SURF THE URGE

- Acknowledge: "I am having an urge."
- Notice thoughts, emotions, and body sensations without fighting them.
- Remind yourself: discomfort can be present without requiring action.
- Remember: an urge is a feeling, not a must.
- Stay with the wave and notice when the intensity begins to change.

HELPFUL SUPPORTS

Plan for triggers

Know common triggers and decide ahead of time what you can do when they show up - leave a risky situation, eat if hungry, ground yourself, contact support, or use another coping skill.

Delay + redirect

Create time between the urge and the action. Walk, listen to music, call someone, read, shower, work with your hands, or choose another activity that helps you ride out the peak.

If an urge involves immediate danger to you or someone else, use crisis or emergency support rather than relying on this worksheet alone.