

Goal: Learn to ride out an urge without acting on it. Use this sheet during real urges or to rehearse when you're calm.

STEP 1. NAME THE URGE

Write down what you're feeling the urge to do:	"I have the urge to..."
---	--------------------------------

STEP 2. OBSERVE THE URGE WITHOUT JUDGMENT

Pay attention to what's happening in your body and mind. Circle what applies or add your own:	Body Sensations ☐ Tight chest ☐ Fast heartbeat ☐ Sweaty palms ☐ Shaky hands ☐ Heat in face
	Emotions / Thoughts ☐ Racing thoughts ☐ "I can't handle this" ☐ "This will never end" ☐ Craving relief ☐ _____ _____ _____

STEP 3. BREATHE AND SURF

Imagine the urge as a wave rising and falling. Focus on your breath:	INHALE ⌚ 4 seconds → HOLD ⌚ 4 seconds → EXHALE ⌚ 4 seconds → HOLD ⌚ 4 seconds
	☐☐☐☐ ☐☐☐☐ ☐☐☐☐ ☐☐☐☐
	Use a finger to trace a box shape as you breathe.

STEP 4. REMIND YOURSELF

Write or say these statements out loud:	• "This urge is temporary." • "I am not my urge." • "I can ride this out." • "I've handled hard things before." Optional: Set a timer for 2 to 5 minutes and stay with the feeling until it fades.
--	--

STEP 5. AFTER THE WAVE

Reflect briefly when the urge eases:	Did the urge peak and pass? ☐ Yes ☐ No
	How long did it last?
	What helped me stay with it?
	What can I try differently next time?

QUICK REMINDERS

- Urges **always** rise, peak, and fade.
- You don't have to fight them, just **ride the wave**.
- Every time you practice, you get better at staying in control.