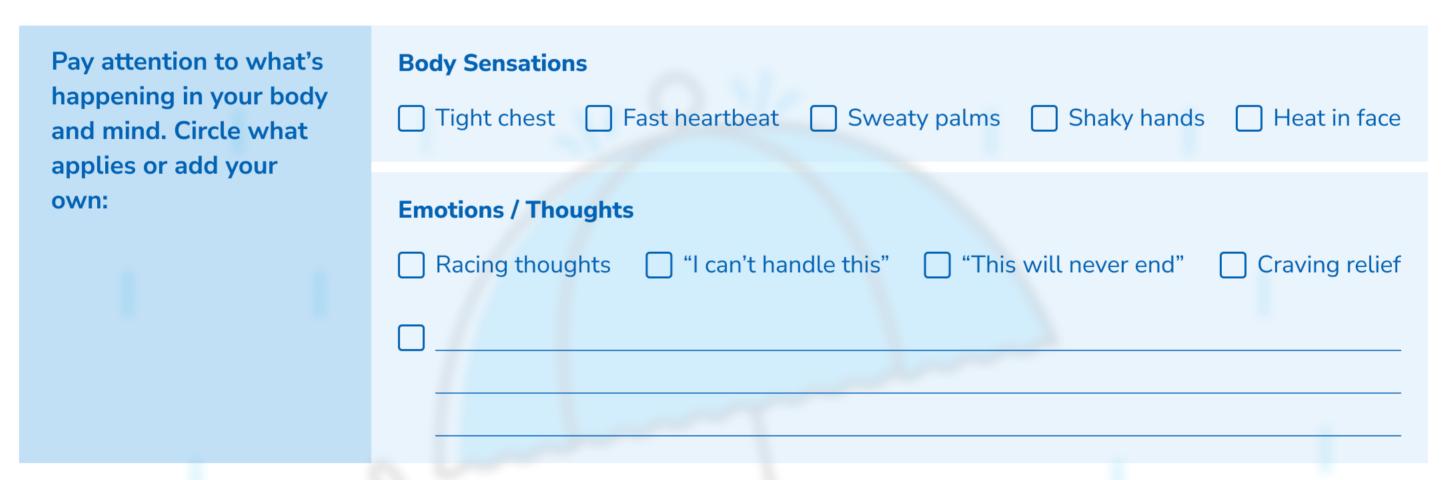


Goal: Learn to ride out an urge without acting on it. Use this sheet during real urges or to rehearse when you're calm.

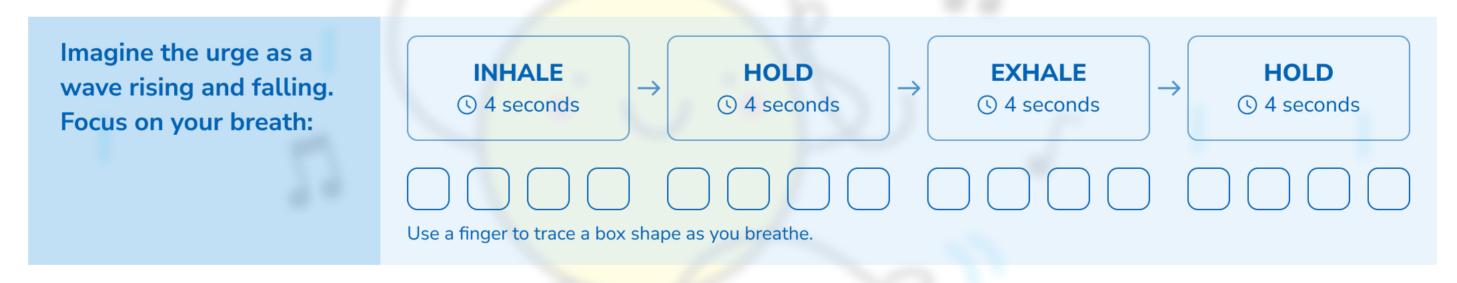
STEP 1. NAME THE URGE

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

STEP 2. OBSERVE THE URGE WITHOUT JUDGMENT



STEP 3. BREATHE AND SURF



STEP 4. REMIND YOURSELF

Write or say these statements out loud:
"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?
urge eases.	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.