

Urge Surfing Log

Ride the urge like a wave: notice it, breathe with it, and watch it rise, peak and fall.

1. **Notice it.** Name the urge, and rate how strong it is from 0 to 10.
2. **Find it in your body.** Where do you feel it? What is it like: tight, warm, restless, hollow?
3. **Breathe with it.** Slow breaths, a little longer out than in. Let the breath be your surfboard.
4. **Ride it.** Watch the urge rise, peak and change, without acting on it and without fighting it.
5. **Rate it again.** Every minute or so, rate it again. Most urges shift more than we expect.
6. **Choose what is next.** When the wave has passed or eased, decide what you want to do next.

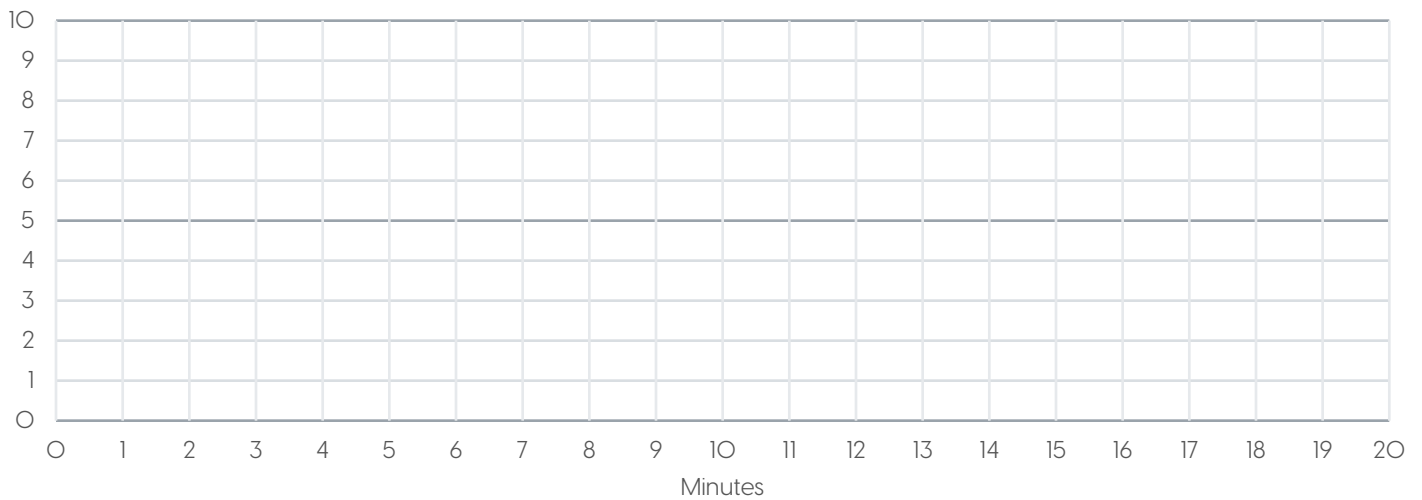
Date and time	Urge to	What set it off	Start 0 to 10	Peak	End	Minutes	What I did next

If the urge is to hurt yourself and you might act on it, call or text 988, or call 911 in an emergency. Technique: G. Alan Marlatt.

My Urge Wave

Put a dot for the urge each minute, then join the dots. Watch the wave take shape.

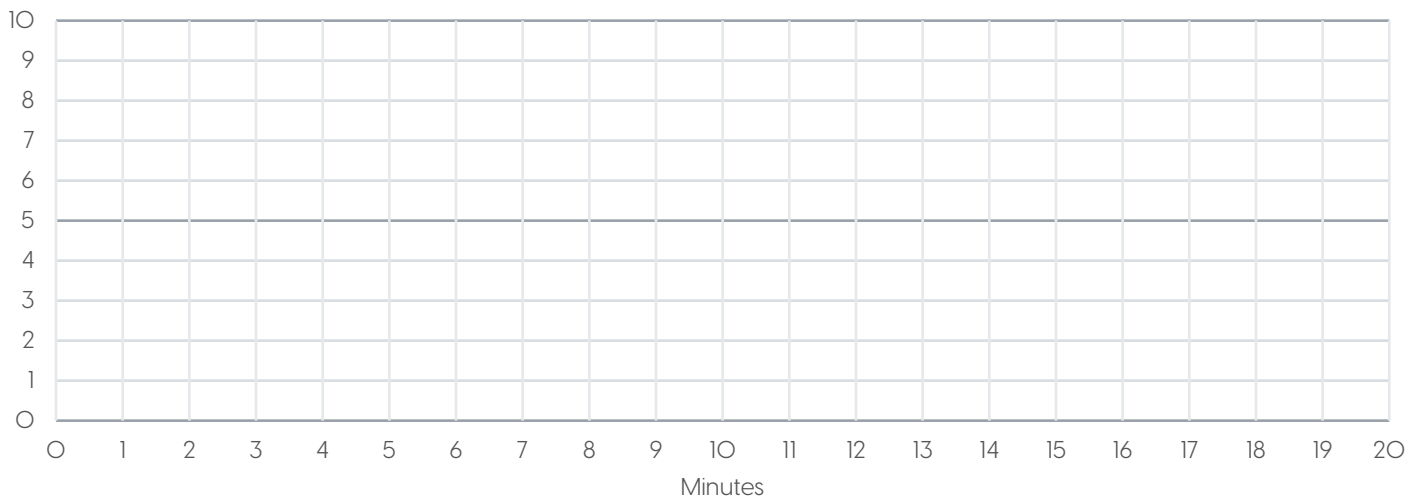
Date _____ Urge to _____



Where I felt it in my body _____

What helped me ride it _____

Date _____ Urge to _____



Where I felt it in my body _____

What helped me ride it _____