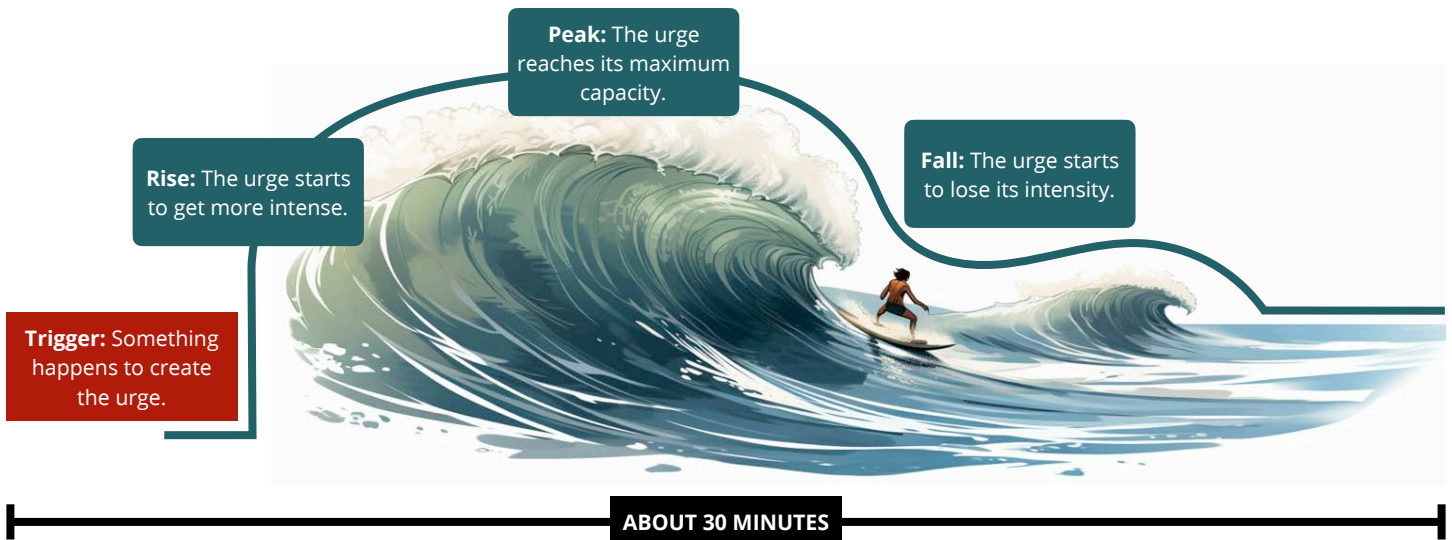


# Urge surfing

Urge surfing (Lloyd, 2003) is a technique that can help you to manage unwanted impulses as they happen, without giving in to them. The technique involves recognizing that *urges are temporary* and will go away without expression if you let them.



Just like waves, urges can be very powerful, and trying to fight them (by actively resisting or trying to talk yourself out) is futile. If you accept the urge, however, and just let it sweep over you, it will leave on its own without you ever lifting a finger.

Two things can help:

## Managing the wave

While the urge is upon you, ask yourself the following questions.

Can you track the urge's progress on the thermometer to the right?	
What changes happen in your <i>body</i> as the urge progresses?	
What changes happen to your <i>thoughts</i> as the urge progresses?	
Is the urge progressing faster or slower than usual?	
What is this urge teaching you about how to more easily surf it?	
<i>Remember to breathe!</i>	

## Identifying the trigger

After the urge passes, ask yourself these questions to identify what started the urge in the first place (so you can minimize exposure in the future).

Risks	Were you feeling hot or cold?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	Were you feeling tired?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	Were you feeling hungry?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	Were you feeling lonely?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
Senses	What did you hear (e.g., a song)?	_____	
	What did you see (e.g., a needle)?	_____	
	What did you smell (e.g., smoke)?	_____	
	What did you taste (e.g., sugar)?	_____	
	What did you touch (e.g., leather)?	_____	
Places	Where were you?	_____	
	Did the place help create the urge?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
People	Who were you with?	_____	
	Did they help create the urge?	<input type="checkbox"/> Yes	<input type="checkbox"/> No
	If yes, how?	_____	