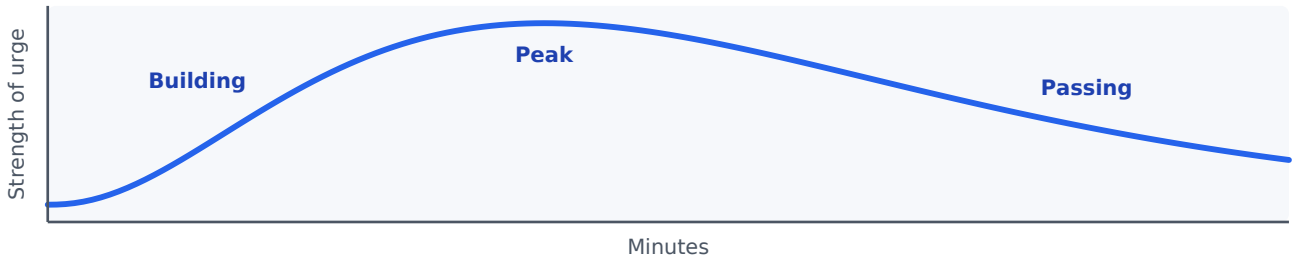
Urge surfing

How to wait out an urge without acting on it.

Urges feel as if they will keep building until you give in. They do not. An urge rises, peaks and falls, usually within 20 to 30 minutes, whether or not you act on it. Each time you ride one out, the next is a little weaker.



How to surf

1. **Notice and name it.** "I am having an urge to..."
2. **Find it in your body.** Where is it strongest? Tight, restless, hollow, buzzing?
3. **Breathe and watch.** Keep your attention on the sensations. Describe them to yourself as they shift.
4. **Do not fight it and do not feed it.** No arguing, no planning how to give in. Just watching.
5. **Rate it** from 0 to 10 every few minutes.
6. **Stay until it drops.** Then turn to something that matters to you.

When	The urge	Start (0 to 10)	Peak	After 20 minutes	Did I act on it?

Urge surfing was developed by Alan Marlatt as part of relapse prevention.

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