

URGE SURFING WORKSHEET



CATALINA
BEHAVIORAL HEALTH

1. Identifying/Acknowledging the Urge

What urge or craving are you experiencing? _____

When did you first notice the urge? _____

How strong is the urge on a scale from 1 (weakest) to 10 (strongest)? _____

2. Observing the Urge

Where do you feel the urge in your body? (e.g., tightness in chest, stomach ache, restlessness in legs). _____

What thoughts/triggers started the urge? _____

What emotions are you experiencing along with the urge? _____

Take a few deep breaths. Describe the sensation of breathing in and out. You got this!

3. Riding the Wave

Visualize the urge as a wave that will rise, crest, and fall. Describe it: _____

Stay with the experience. What do you notice happening to the urge over time? _____

4. Acceptance

Repeat a calming phrase to yourself (e.g., "This urge has passed"). Write the phrase here: _____

How do you feel after successfully surfing the urge? _____

