NewLeaf Pathways
Supporting Your Journey to Wellness

FREE RESOURCE

# Urge Surfing

Urge surfing means noticing a craving without immediately acting on it. Urges rise and fall in intensity; there is no fixed time they must last.

Type in the boxes using a PDF reader such as Adobe Acrobat, or print and write by hand. Your answers stay on your device; nothing is sent to NewLeaf Pathways.

## Four steps

1. **Name it.** "This is an urge. I can notice it without acting on it right now."
2. **Locate it.** Where do you feel it in your body? Notice the sensation rather than judging it.
3. **Breathe.** Use a slow, comfortable breath while noticing changes in the sensation.
4. **Keep observing.** Notice when the urge grows, eases, or shifts, like a wave. Reach out for support when you need it.

## Give yourself space

Contact a supportive person. Leave an environment tied to the urge when it is safe to do so. Step outside or change your activity. Give yourself time to pause before deciding what to do.

## Reflect afterward

**What triggered the urge?**

**How did the urge change over time?**

**What helped, or what will I try next time?**

### Support when you need it

**911**
Immediate danger

**988**
Call or text for crisis support, 24/7

**1-800-662-4357**
SAMHSA treatment referral, 24/7