Urge surfing worksheet (free printable)

A one-page worksheet for riding out a craving: notice it, rate it, watch it rise and fall, and learn from it.

1. Notice the urge

Date and time:

Where was I, and what was I doing?

What was I feeling just before (bored, stressed, lonely, tired, restless)?

2. Ride the wave

Sit or stand somewhere comfortable and breathe slowly, with the out-breath a little longer than the in-breath. Every 30 seconds or so, rate the urge from 1 (barely there) to 10 (as strong as it gets) and note where you feel it in your body.

Time	Strength (1 to 10)	Where I feel it, and what it feels like
Start		
0:30		
1:00		
1:30		
2:00		
2:30		
3:00		
4:00		
5:00		

3. Afterwards

How long did it take for the urge to start easing?

What helped most (breathing, moving, changing rooms, my reasons, something else)?

What will I do next time this situation comes up?

The five steps, in short

1. Notice and name it: "I am having an urge right now."
2. Get comfortable and take one slow breath.
3. Scan your body: where is the urge, and what does it feel like?
4. Rate it, and check again every 30 seconds.
5. Stay with the wave, breathing slowly, until it eases.

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