

Urge Surfing: Riding Out a Craving

UNDERSTANDING THE PATTERN

An urge can feel like an instruction, but it is also a changing experience. Urge surfing means observing the wave without automatically acting on it.

Name the wave

Rate the urge 0-10. Notice where it sits in the body and describe pressure, heat, movement, tightness or restlessness.

Create a little time

Set a short timer, change location if safe, contact support, reduce access to the substance and focus on the next few minutes.

Watch rather than fight

Notice the rise, peak and change. Use: "This is an urge, not an order. I can choose my next action."

Keep safety central

Cravings can be intense. Use professional and medical support; do not use urge surfing as a substitute for safe withdrawal care.

Notice your own pattern

Trigger:

Urge before (0-10):

Sensations I notice:

Action that supports me:

Urge after / what I learned:

How to use this page

Read it once without pressure. Complete only the prompt that feels most useful today. Look for a link between the situation, what your mind or body expected, what you did next and what support could make a different response possible.

My next supported step

Use this resource at your own pace. Seek qualified or medical support where withdrawal, physical symptoms, significant risk or severe restriction of daily life may be present.