Urge Surfing

Slow down what you’re doing at the moment and think about what you are craving. What is it?
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Nonjudgmentally, observe the urge and rate how strong it is on a scale of 1 to 10 (10 being the strongest). Where might you feel it in your body? What sensations are coming up for you?
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Sit with the urge for a moment, if you can. Be curious about it. If you give in to this craving, how is it going to make you feel? How would surfing the urge instead make you feel?
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Make an intentional choice:
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