

Urge Surfing

Slow down what you're doing at the moment and think about what you are craving. What is it?

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?

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?

Make an intentional choice:

