NewLeaf Pathways
Supporting Your Journey to Wellness

FREE RESOURCE

Urge Surfing

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

Use a PDF reader that supports forms to type in the fields, or print and write by hand. Save your completed copy privately. This PDF does not automatically send your entries to New Leaf Pathways.

Picture a wave

Notice the urge as a wave that can rise and fall. You do not need to force it away. Practice observing the sensations as they change.

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. Reach out for support when you need it.

Give yourself space

Contact a supportive person. Leave an environment tied to the urge when safe. Hold something cool or step outside. 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

Immediate danger: call 911. For crisis support, call or text 988. For treatment referral and information, call SAMHSA at 1-800-662-4357.