



My Urge Surfing Worksheet

Name the urge, rate it, watch it for a few minutes, then rate it again. A self-help skill, not therapy. If stopping a substance is hard for you, see a doctor first: stopping suddenly can be medically dangerous.

01 1. The urge

Say plainly what you feel pulled to do. Keep it to the urge itself, not the story about why you should or shouldn't.

The urge is to...

What was happening just before it showed up? (a place, a feeling, a time of day, a person)

How strong is the urge right now?

1 2 3 4 5 6 7 8 9 10

Barely there

As strong as it gets

02 2. Notice it in your body

Close your eyes or soften your gaze and scan slowly from your head to your feet. Where do you feel the urge? Tick what fits, and add your own.

- ☐ Tight jaw or clenched teeth
- ☐ Heat in my face or chest
- ☐ Tight chest or fast heartbeat
- ☐ Churning or empty stomach
- ☐ Restless hands or legs
- ☐ Dry or watering mouth
- ☐ A pull towards something (my phone, the fridge, the shop)
- ☐ Something else

The place the urge is strongest, and what it feels like there (size, shape, heat, movement):

03 3. Watch it for a few minutes

Breathe slowly and keep your attention on that place. Say to yourself, 'this is an urge'. Notice whether it grows, stays the same, shifts or fades. It may rise, dip and rise again. You don't need to do anything about it. If your mind wanders to the story ('I need this'), note it and come back to the feeling.

How long I watched it for:

What I noticed as I watched (did it grow, change, move, stay the same?):

Thoughts that showed up (for example 'just this once'):

04 4. After watching

Re-rate it. It doesn't need to drop. Some urges stay strong, and the skill is in noticing them without being run by them.

How strong is the urge now?

1 2 3 4 5 6 7 8 9 10

Barely there

As strong as it gets

What I chose to do next, and how I feel about that choice:

Something that helped, or got in the way:

05 5. A plan for next time

Decide now, while you're calm. Write it as 'If I notice..., then I will...'. Pick something small enough to do.

If I notice...

A trigger, a place or a first sign

Then I will...

Pause, breathe, watch the urge for a set time

Someone I can message or call if an urge is too strong to sit with alone:

Tick if true for me:

- ☐ This urge is about alcohol, drugs or a habit that feels out of control, and I'll speak to a GP or a local service
- ☐ A dark or worrying thought came with the urge, and I'll treat it as serious and reach out (Samaritans 116 123, 988 in the US)
- ☐ Someone is making me feel unsafe. This worksheet isn't for that. See selfgrowth.org/help

06 6. My urge log

A short log lets you see your own pattern. Rate the urge from 1 to 10 before and after you watch it.

When Date, and what was going on	The urge	Before 1 to 10	After 1 to 10
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

When you're done, a moment to reflect

- What tends to be going on in the hour before an urge shows up: tiredness, stress, boredom, a certain place or person?
- What did the urge feel like in your body, and did that change as you watched it?
- What do you tell yourself in the moment that makes giving in feel easy, and is it true?
- What would you want to do instead, and what small thing makes that more likely?
- Is there a habit here that you'd like support with, and who could you talk to about it?

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If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at findahelpline.com. If you're in immediate danger, call your local emergency number.