

Urge Surfing Worksheet Template

INSTRUCTIONS

Urges follow a wave pattern: they build, peak, and fade naturally within 20-30 minutes. This worksheet will help you observe and manage your urges mindfully without acting on them.

PRE-URGE PREPARATION

Identify your personal triggers

Early warning signs

List healthy coping strategies you can use when urges emerge

DURING THE URGE

Rate your urge intensity (0-10)

0 1 2 3 4 5 6 7 8 9 10

Physical sensations

Thoughts

Emotions

Mindfulness techniques practiced

POST-URGE REFLECTION

Rate your urge intensity after surfing (0-10)

0 1 2 3 4 5 6 7 8 9 10

What worked?

What challenged you?

Insights for future situations

Lessons learned and plan adjustments