

URGE SURFING WORKSHEET

Before you begin:

Read "Urge Surfing: A mindful way to conquer cravings!"

Pro Tips:

- 1.) It's helpful to have a timer on hand. That way we can track how long we practiced - and how long the urge lasted.
- 2.) It's also important to know that intense urges can last for about 20 minutes. So if it feels like it's taking a long time, it's perfectly okay.
- 3.) Mantras are helpful in keeping focused and replacing negative thoughts. Something like: "This too shall pass" or "This is making me stronger" work great. But feel free to come up with your own.

Step 1: Let's Practice!

Choose a temptation or urge to practice urge surfing. If this is your first time surfing an urge, choose something small and less intense.

A few examples could be: reading a text message, checking Facebook, or playing a game on your phone.

The urge we will surf is: _____

Step 2: Set The Stage

a. Find a comfortable location without distraction. This could be in the kitchen, bedroom, or in your office. Anywhere we can dedicate some time to practice.

b. Let's place the temptation in front of us, and relax.

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Continued:

Step 3. Now sit back and simply observe.

The goal is to be completely mindful and focus intently on what we're feeling right now.

- What's going on with our senses?
- What do you see or hear?
- What does the temperature of the room feel like?
- What kind of thoughts are you're having?

Focus on your breath as you feel the urge begin to rise.

The idea is to be present and mindful and experience the urge – but not act on it.

Imagine yourself as a surfer, riding a wave as the urge builds.

Bonus points if you can pinpoint the exact moment when the urge hits its peak.

The momentum may feel like there's no end. That it will keep rising, but just like a roller coaster climbs and climbs, it eventually hits a peak and falls.

Ride the urge until it subsides. Even if it takes some time, it's okay!

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Lessons Learned:

1.) Describe exactly how you felt during this practice. The more specific the better!

- What were your thoughts?
- What were your feelings?
- Were there any particular physical sensations you can describe?

2.) Timing

- How long did the urge last?
- At what time did the urge hit it's peak?
- When did the urge completely fall?

3.) Reflect

- How will you practice differently the next time? Maybe you would choose a different location, or make sure there are no distractions.
- When will your next practice be? Remember: let's be intentional on when and where we'll practice. In fact, mark it on your calendar now!

Would you like help learning to urge surf? At MyBodyTutor we have helped thousands of people lose weight and keep it off for good.

The relentless support, guidance, and expertise we provide along with the way we hold you accountable is why we're the only program with a 100% success rate.