A PAUSE, A PRACTICE, A NEXT STEP

Urge Surfing

Notice an urge while choosing your response.

Use a few words, draw, or talk this through. Skip anything that does not fit. This is an educational worksheet, not a diagnostic test or a substitute for care.

Create a safer pause

Step away from the cue if possible. Choose a supported place and contact someone if you need company.

01 / Notice and reflect

What makes this moment safer?

02 / Notice and reflect

Who can help me through it?

03 / One next step

What will I try next, and what support would make it easier?

When to seek help: Use Crisis Support immediately if you may act on harmful urges. Substance withdrawal can need medical care; do not try to manage dangerous withdrawal with this exercise.

Read more: VA MIRECC · Urge surfing

More tools and immediate support: Our Healing Room / Crisis Support.