

URGE *surfing*

Urge surfing is a technique developed by the psychologist Alan Marlatt and is used to get through an urge without acting on destructive impulses and habits

When you feel an urge, allow it to continue. Notice where in your body you are experiencing the urge. Focus on the sensations in this body part. What do they feel like?

Now, bring your attention to your breath and notice it for the next few minutes. Inhale...exhale....

Gently refocus your attention on the part of your body where you experience the urge. What does the sensation feel like? Has it shifted?

Imagine sending the breath to those parts of your body feeling the sensation. Take your time and watch and feel the sensations.

Imagine the sensations from your urge are a wave. As the sensations peak and subside, you can imagine the wave rise and fall. Use your breath like a surfboard to ride each wave as it comes. Practise this for a few minutes until the urge subsides completely.

