Urge Surf Steps

Ride the craving like a wave. Notice, breathe, peak, fall. Do not fight or act.

Name: _____ **Date:** _____

1. Notice

Name the urge in plain words.

2. Rate 0 to 10

Write the number now.

3. Body map

Where do you feel it?

4. Wave picture

It rises, peaks, and falls.

5. Breath board

Feel the breath. Ride.

6. Observe

No acting. No fighting.

7. Through the peak

Expect a climb first.

8. After notes

What did you do instead?

Intensity right now (circle):

0	1	2	3	4	5	6	7	8	9	10

0 = none 5 = medium 10 = strongest

Body notice prompts (check what you feel):

- [ ] Mouth / throat
- [ ] Chest / heart
- [ ] Stomach / gut
- [ ] Hands / jaw
- [ ] Legs / restlessness
- [ ] Heat / cold / buzz
- [ ] Tight / heavy / empty
- [ ] Other: _____

Original layout by Lotus & Tulip, based on Marlatt urge surfing / MBRP. A practice tool, not therapy.

Urge Surfing Worksheet

Describe the urge, track the wave, and write what you did instead.

Name: _____ **Date:** _____

The urge (exact words):

_____

_____

Trigger / situation: _____

Start intensity 0 to 10: _____ **Emotion word:** _____

Time started: _____ Goal: ride without acting

Intensity timeline (write a number every few minutes):

Min	0	3	6	9	12	15	20	25	30+
Intensity:									
Notes:									

What I did instead

_____

_____

_____

_____

_____

_____

After notes

End intensity: _____ / 10

About how long: _____ min

Learning (one sentence):

_____

_____

_____

Next time I will:

_____

Original layout by Lotus & Tulip, based on Marlatt urge surfing / MBRP. A practice tool, not therapy.

Urge Practice Log

Seven days of waves. Short notes beat perfect notes.

Name: _____ **Date:** _____

Day / date	Urge (short)	Start	End	Mins	Did instead
1.					
2.					
3.					
4.					
5.					
6.					
7.					

Teen mini card (quick social or school urge)

Urge: _____ **Start 0-10:** ___ **End:** ___

Where in my body? _____

I rode it by: _____

I did NOT: send / use / check / yell (circle) Learning: _____

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

Original layout by Lotus & Tulip, based on Marlatt urge surfing / MBRP. A practice tool, not therapy.

Free printable from Lotus & Tulip · lotustulip.com/urge-surfing-worksheet.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

Relapse Prevention Worksheets

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4608035355 | instant digital download

See every page first: lotustulip.com/relapse-prevention-worksheets.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.