



URGES ARE LIKE WAVES
THEY RISE, PEAK & CRASH
ALL ON THEIR OWN



Connect, Accept, Respect & Affirm

You can safely "surf" an urge if you stay calm & mindful.

Like a wave in the ocean, you are more likely to get dragged under if you fight, resist, or panic. When an urge strikes:

Connect

Notice your urge, what it feels like, where it appears in your body, and what physical sensations you experience. Connect to your breath and breathe slowly, deeply, and purposefully.

Accept

Once you have tuned into the urge, allow yourself to acknowledge how intense it can feel. Accept its presence without wishing it away, fearing its presence, or predicting failure.

Respect

Urges are neurological, emotional and behavioral experiences. Respect both the complexity of your experience and how the process of learning to manage urges is non-linear and will take practice and repetition.

Affirm

Take a moment to thank yourself for taking the time to try something different and for continuing to try to cope with your urges. Use affirming and compassionate self-talk.

CONCEPT ATTRIBUTED TO ALAN MARLATT, PHD