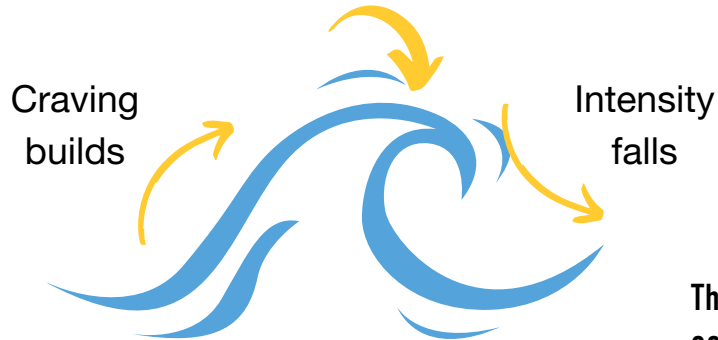


Urge surfing

Urge surfing means noticing cravings as they come and go, like waves. Instead of giving in, you ride them out.



The urge peaks around
20-30 minutes

How to surf the urge

1

Notice the craving

Pay attention to what you're feeling – thoughts, emotions, and body sensations.

2

Accept it

Don't fight it or judge yourself. Cravings are normal when quitting.

3

Breathe and focus

Take slow, deep breaths. Notice where you feel the craving in your body.

4

Watch it pass

Remind yourself: This will pass. You don't need to act on it.

5

Check in with yourself

As the craving fades, ask how you're feeling. Be proud – you got through it.

Review Questions ?

- What am I feeling right now?
- What helped me get through it?
- How do I feel now that the craving has passed?
- What can I do next to stay on track?