

## Urge Surfing

Cravings are usually temporary, and research suggests that urges tend to lessen in 30 minutes or less.

1. Accept that urges will happen.
2. Notice when an urge arises.
3. Refrain from acting on your urge.
4. Visualize your urge as a “wave”
5. Focus on your breath.

Another way to practice urge surfing:

Notice the urge, pause, and rate your urge (1-10, 10 being high). Then engage in a different activity or distraction (see coping skills list) for at least 15 minutes up to an hour and then assess your urge again.

**\*\*If you are still feeling the urge or act on the urge that is okay, you were able to engage in a coping skill\*\***

## Opposite Action

Do the opposite of what your emotions tell you to do.

Use opposite action when your emotions do NOT fit the facts or when acting on your emotions is NOT effective.

Examples:

<u>Emotion</u>	<u>Action Urge</u>	<u>Opposite Action</u>
Feeling anger	want to yell	choosing to whisper/lower your voice
Feeling sad	want to stay in bed	getting up/being active
Feeling anxious	want to avoid	approach the situation and challenge avoidance
Feeling shame	desire to hide	tell others about your struggles who will be

### Steps for Opposite Action:

1. Identify and name the emotion (you want to change).
2. Check the facts (is this emotion justified?)
3. Identify and describe your action urges.
4. Ask wise mind: Is expression or acting on this emotion effective in this situation?  
**If your emotion does not fit the facts or if acting on your emotion is not effective:**
5. Identify opposite actions to your action urges.
6. Act opposite all the way to your action urges.
7. Repeat acting opposite to your action urges until your emotion changes.

## Grounding Techniques

This skill is helpful for when feeling intense emotion or overwhelm so that you can be more present and in your environment.

1. Five things that you can see.
2. Four things that you can touch.
3. Three things you can smell.
4. Two things you can smell.
5. One thing you can taste (or name 1 gratitude).

### **Mindfulness Practices**

1. **Observe your breathing.** Focus on something in the room. While you are doing this, become mindful of your breath. Start to count your breath. Breathe in, that's one. Breathe out, that's two. Breathe in, that's three. Breathe out, that four and so on. Go all the way to ten and start back at one. If a thought, urge, distraction, etc. comes into your mind, just notice it, and turn your mind back to counting your breaths. If you lose count, start back at one. If you count over ten, just notice that and return your mind back to one.
2. **Letter of validation.** Address a letter to yourself and write a letter of validation. Read this letter when you are struggling or feeling down.
3. **My defining moment.** Write about an event that was your defining moment in your life. It is a moment that has shaped them to be who they are and how they look at life now.
4. **Letter of appreciation.** Write a letter of appreciation to someone in their life now or in the past who has made a big impact. Write about how they have influenced your life.
5. **Describe mindfully.** Notice objects around your environment and describe them by using on what they know and nothing more.
6. **Walking mindfully.** Focus solely on each step as you walk around the room or as you are walking. Notice the sensations on the bottom of your feet. If you start to notice things other than your steps gently bring your mind back and focus on your step before you continue to walk. Be mindful of the thoughts that come in, but don't get stuck on them. Turn your mind back to your step.
7. **Music Exercise.** Listen to any piece of music/sound for 3 minutes. While listening to the music/sound, listen to each second. Listen to the changes in volume, changes in pitch. Just listen. How does the music make you feel? What emotions is the music bringing out in you? Where are your thoughts leading? Focus on each note and each sensation they bring. After about 5 minutes, journal what you observed.