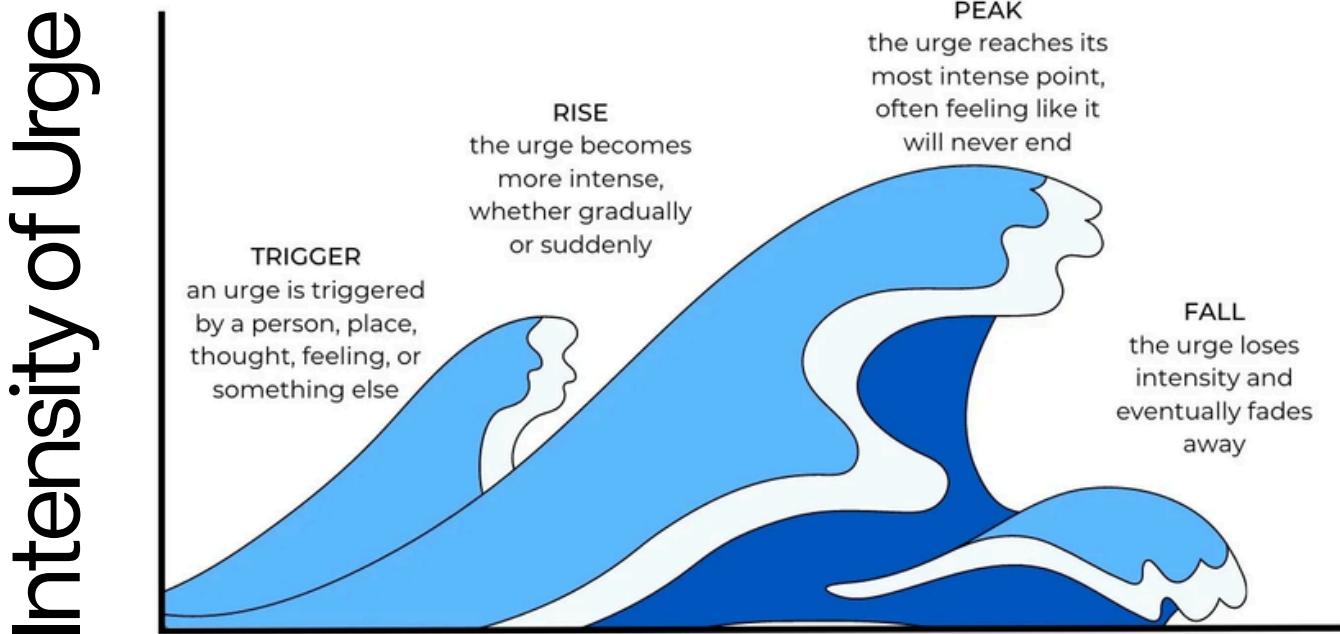


Distress Tolerance Urge Surfing

When a powerful urge hits, whether it's to binge eat, lash out, self-harm, drink or take drugs your body and mind can feel highjacked. It is tense and it is physical. It can feel like if you don't act on it now you could explode. It is a distress tolerance skill that teaches you how to sit with your urge without acting on it. Instead of trying to shove the urge down or fight it you face it head on. You learn to ride it out like a wave. The thing is about urges is the peak, and then they fade. Always.



Steps

- **Notice the urge.** Begin by identifying the urge. Say it out loud, “I have the urge to...”
- **Locate it in your body** (tightness, restlessness, heat). Once you have named it, turn your attention to how the urge feels in your body.
- **Breathe and imagine the wave rising, peaking and falling.** Close your eyes and imagine this. Focus on your breath, steady and slow. Each inhale and exhale keeps you balanced as the wave passes. Don't push the feeling away, let it come and go.
- **Stay Present. without acting watch the wave pass.** As you breathe and watch the wave gently remind yourself this urge is not permanent. Repeat to yourself that you are not the urge.