

Urges are waves: they rise, peak, and always pass — usually within 20–30 minutes. The goal is not to fight the urge, but to ride it with curiosity until it breaks.

1. **Stop and sit.** Wherever you are, pause. You don't need a quiet room. Set a 10-minute timer if it helps.
2. **Name it.** Say to yourself: "An urge to ____ is here." Not "I want to" — "an urge is here." You are the observer, not the urge.
3. **Find it in your body.** Scan slowly: chest, stomach, throat, jaw, hands. Where does the urge live right now? Notice its size and shape.
4. **Describe the sensation.** Is it tight, warm, buzzing, hollow, restless? Does it pulse or hold steady? Use precise words, like a scientist taking notes.
5. **Breathe into that spot.** Slow breath in — imagine it flowing to the sensation. Slow breath out. Don't try to change anything. Just breathe alongside it.
6. **Watch it like a wave.** Every 30 seconds or so, check: is it rising, peaking, or falling? Rate its intensity 1–10. Numbers turn panic into data.
7. **When your mind argues** ("just this once," "I can't stand this") — notice the thought, label it "a thought," and return to the body. Thoughts are spray off the wave; they are not commands.
8. **Ride the fall.** Every urge you surf without acting weakens the wiring behind it. Feel the intensity drop, even slightly — that drop is the method working.
9. **Close deliberately.** When the timer ends or the wave breaks: one deep breath, then name what you'll do next — walk, water, work. Choose it; don't drift.

If the urge wins sometimes, that's data, not failure. Note what triggered it and surf the next one. Skill builds with repetitions, exactly like balance on a real board.