

Urge Surfing: Mastering Unhealthy Cravings

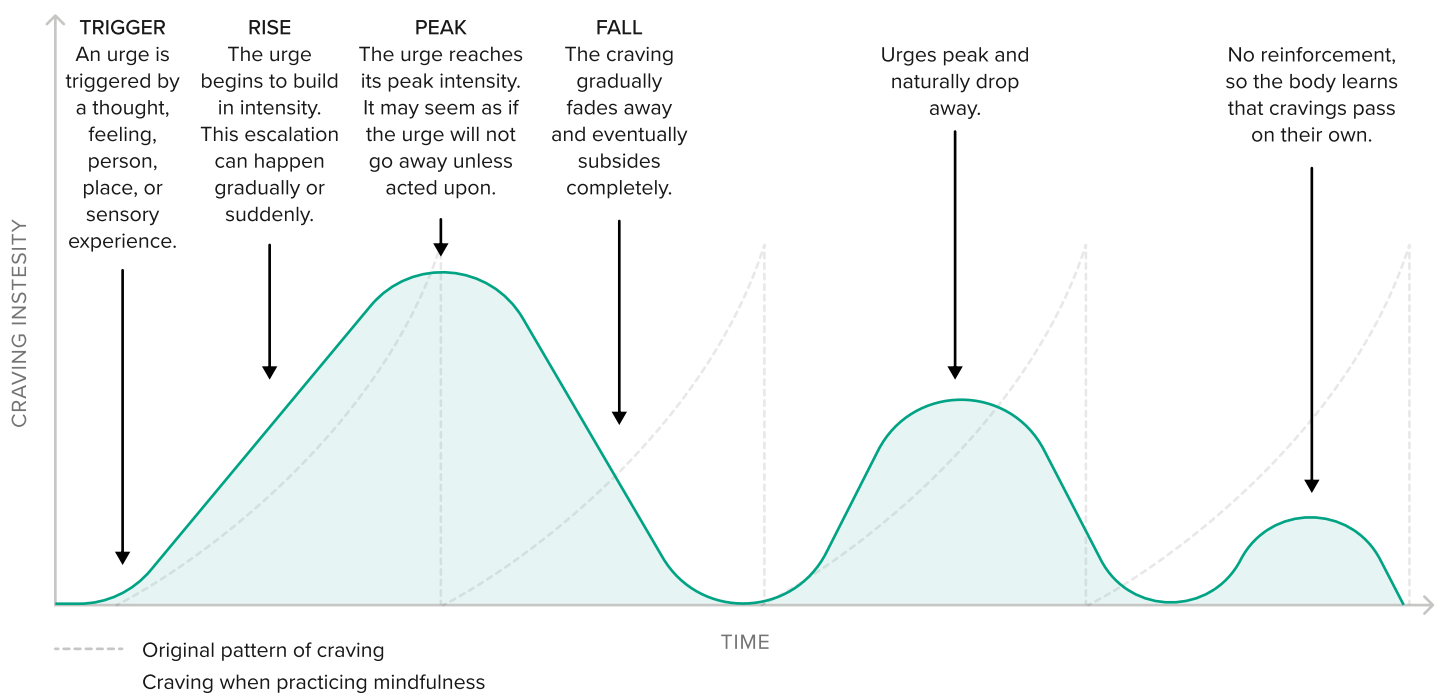
InsightTimer

Created in collaboration with addiction recovery expert, Anshin Devin Ashwood



[Urge Surfing Practice](#)

Urge Surfing is a mindfulness-based technique used to manage cravings, impulses, or intense emotions without acting on them. It helps individuals observe and “ride out” urges like waves—acknowledging their presence without judgment, and allowing them to pass naturally over time.



How To Practice Urge Surfing

1. Recognize when you're experiencing an urge.
2. Observe your thoughts and emotions without attempting to change or push them away. Keep in mind that feeling uneasy during an urge is a normal experience.
3. Remind yourself:
 - a. Urges are a normal part of breaking habits or addictions.
 - b. Feeling an urge doesn't mean you have to act on it—you can notice it and let it be.
 - c. It's alright to feel uncomfortable; you don't need to fix the feeling.
 - d. Urges are temporary. Like other feelings, they will fade with time.