**Distress Tolerance/Emotion Regulation**

**Urge Surfing**

Urge surfing is a mindfulness technique useful for impulsive behaviour. It works well at helping people relapse in addiction but can also help with urges to self-harm or outbursts of anger.

It works by noticing how you’re feeling, using meditation and distraction to get through it and remembering that all urges will pass.

Choose an impulsive behaviour that you would like to change. What is this? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Then follow the 3 steps below:

1. What are the exact thoughts, feelings, or physical sensations in your body?
2. Describe the location in your body where the urge exists. Where does it start and where does it stop (i.e., what are its boundaries)?
3. What happens when you are open to this internal experience and are not trying to suppress the experience or get rid of it?