

Name _____

Ride the Urge Wave (Urge Surfing Tracker)

Sometimes big urges feel like **ocean waves**. They grow bigger, reach a peak, and then slowly shrink again. You are the **surfer** riding the wave until it passes. When you notice a strong urge, use this page to track your wave.

Step 1: What Was the Urge? What did you suddenly feel like doing?

Examples: • Yelling • Throwing something • Giving up • Quitting homework
• Eating when not hungry • Checking your phone over and over

Write or draw your urge.

My urge was: _____

Step 2: How Big Was the Urge? Circle how strong the urge felt.

1 2 3 4 5 6 7 8 9 10

1 = Tiny ripple 5 = Medium wave 10 = Giant tsunami

You can also **draw a circle around the number** or **color it in**.



Step 3: What Started the Wave? Every wave has something that starts it.

Think about what happened **right before the urge showed up**.

Examples: • Someone said something mean • I felt embarrassed
• I was tired or hungry • Something didn't go the way I wanted

What started your urge wave? _____

Step 4: Surfing Skills I Used - Good surfers use skills to stay balanced on the wave. Which skill helped you ride the urge instead of acting right away? Circle or write:

Take deep breaths Walk away Count to ten Talk to someone
Listen to music Move your body Think about something calming

My skill was: _____