

# Strategies for Dealing with Urges

Name: \_\_\_\_\_

Date: \_\_\_\_\_

*When experiencing urges to use, choose one or more of the following strategies to help deal with it.*

## **1. Urge Surfing**

1. Recognize you are experiencing an urge.
2. Remember that urges are limited.
3. Imagine that urges are like ocean waves that rise, crest, and subside. They begin small and will grow in size, and then will break up and dissipate.
4. Imagine riding the wave out until it is smaller and smaller.

## **2. Calling a Support Person**

1. Identify that you are experience an urge to use substance.
2. Think of one or two people that will support you in your desire to remain free from substances.
3. Call one or more identified support people.
4. Discuss with the support person(s) your urges and desire to remain substance free.

## **3. Self-Talk**

1. Identify risky thoughts likely to lead to substance abuse, and
2. Replace these risky thoughts with healthy self-talk that reduces the risk.

## **4. Distraction**

Distraction involves identifying alternative activities that can be used to distract oneself from the urge.