

Urge Surfing Script (CALM)

This practice can help you practice the skill of urge surfing. To begin, please sit in a comfortable position, and try to remain still throughout this exercise. Take a few moments to notice, and just notice without acting, any urges you notice in your body. Perhaps the desire to move your body or scratch an itch (1-minute pause).

Notice where you feel this urge to move or itch in your body. Where in your body can you feel this? What do the sensations feel like? Is there any pressure or tingling? Is there any warmth or coolness? Notice if there are multiple urges to move or itch, and where it feels most intense (1-minute pause).

Try to visualize your urge like a wave, with the sensations rising at first, and eventually falling off. Just notice the wave as it rises and falls with curiosity and without acting. Try breathing into your urge, to that part that feels itchy or restless (pause). You can practice using your breath to ride out these waves, training your breath like practicing on your surfboard. Practice this skill now, allowing yourself to get back on the next wave if you get knocked off by giving in to the urge. You are increasing this new skill steadily with practice regardless of whether you “fall off” for a moment by giving in.

Notice thoughts that are tempting you to move your body right now. What do they say? (pause). Describe to yourself the thoughts, sensations, and feelings you notice in a nonjudgmental way (pause). Use your curiosity to notice what comes and goes without having any need to act (1-minute pause).

In a moment, we'll return our focus to the room. First though, reflect on anything you have observed in the process of riding these waves. Also, appreciate your efforts and experience, including if you fell off a few times yet still got back up to surf again.