

Name:

Date:

MINDFULNESS

Managing Urges

Learn to recognize, understand, and respond to urges with awareness.

What Is an Urge?

An urge is a strong desire to act, often quickly and without thinking. It can be physical, emotional, or behavioral.

Urges may be linked to:

- Emotions like stress, anger, sadness, or boredom
- Triggers in your environment
- Habits or past coping patterns

💡 Remember: An urge is temporary. You don't have to act on it.

Notice the Urge

What triggered this urge?

Where do I feel it in my body?

What emotion is underneath?

On a scale of 1–10, how intense is this urge right now?

Ride the Wave

When an urge comes up, imagine it like a wave. It builds, peaks, and eventually fades. Practice:

- ✓ Name the urge ("I feel the urge to...")
- ✓ Breathe slowly for 60 seconds
- ✓ Label the emotion you're feeling
- ✓ Ground yourself (drink water, stretch, step outside)
- ✓ Wait 10 minutes before taking action



Visualize the urge like a wave, you're surfing it, not sinking.

After the Urge

Did I act on the urge? Why or why not?

What helped me manage it?

What can I try next time I feel this way?

Reminder

Every time you pause, breathe, and reflect instead of reacting, you build emotional strength.

- Progress over perfection.
- You are capable of change.