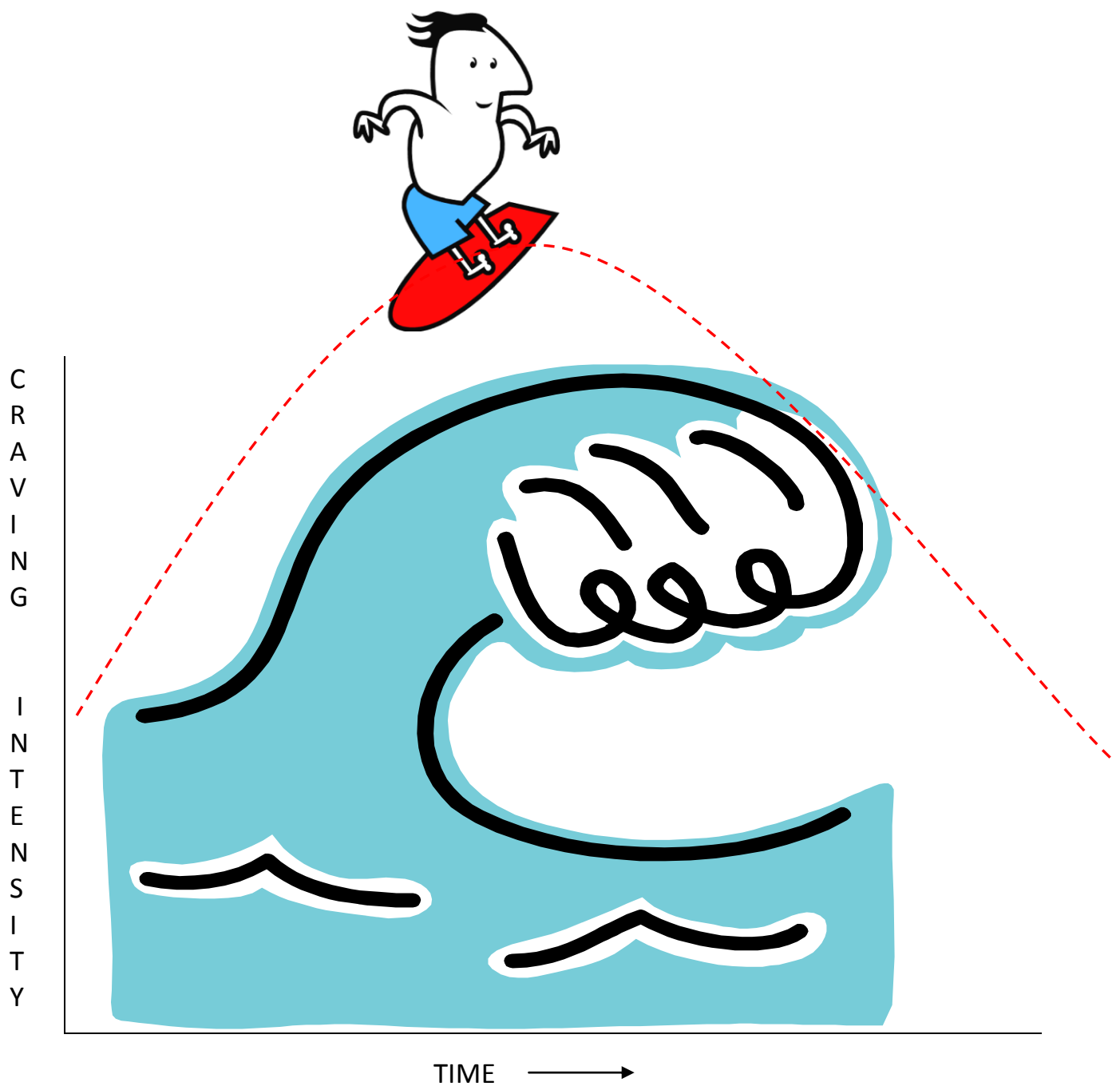


SURFING THE URGE



A craving or an urge is a bit like a wave – climbing high but inevitably coming down. We can learn to “surf the urge” by reminding ourselves that the craving will eventually subside if we just hang on in there instead of giving in. As you practise surfing the urge, you will find that the waves, which may at first feel frightening, like giant tsunami waves, gradually become smaller and easier to surf. To make “surfing” easier, you could also use distraction, mindfulness and relaxation techniques.