Urge Surfing Worksheet

Instructions:
Complete this worksheet before using media for relief, recreation, relaxation, or retaliation. This is a mindful “pause”—a way to check in with yourself and make a conscious choice.

Important:
Filling out this worksheet does not mean you’re forbidden from using media. If, after completing it, you still wish to use media, give yourself permission to do so—consciously, not compulsively. However, please commit to answering every question in order, without skipping ahead.

Step-by-Step Process

1. Pause and Breathe
Close your eyes and take 3 deep breaths in through your nose and out through your mouth.
2. Acceptance
Accept how you’re feeling right now. Accept the urge, accept yourself, and accept your life as it is. Let go of judgment.
3. Self-Appreciation
Find something—no matter how small—that you appreciate about yourself right now. (Completing this worksheet counts!)
4. Celebrate Your Life
Calculate the number of days you’ve been alive:
	* Multiply your age by 365.
	* Add the days since your last birthday.
	* Write the total here: \_\_\_\_\_\_\_\_\_\_
	Congratulate yourself for making it this far!
5. Sing!
Sing any song for up to one minute. It doesn’t have to be good—just have fun.
6. Find Humor
Notice something funny about this moment (maybe your singing!).
7. Reflect on Your Intention
For one minute, write what you hope to get from using media right now. What do you think it will give you?
8. Recall a Difficult Media Experience
Close your eyes for 30 seconds. Remember one of your worst media binges.
9. Reality Check
Did you get what you wanted from media during that binge? Did it deliver on its promise?
10. Aftermath Reflection
Write for one minute about how you felt after that binge. What did you think about yourself and your life?
11. Life Inventory
	* Of the total days you’ve been alive, estimate what fraction you’ve spent on media (e.g., 1/4, 1/3, 1/2, etc.): \_\_\_\_\_\_\_\_\_\_
	* In the last 10 years, how much of your life was spent binging on media? \_\_\_\_\_\_\_\_\_\_
12. Willingness
Are you willing to ask your Higher Power to remove your compulsion to use media right now? (Yes/No)
13. Serenity Pause
Pause for at least 15 seconds. Say the Serenity Prayer (or another calming prayer/affirmation).
14. Ask for Help
In your own words, ask your Higher Power to remove the compulsion to use media.
15. Listen
Wait quietly and listen. (You may repeat your prayer up to three times.)
16. Gratitude
Write down at least one thing you’re grateful for right now.
17. Make Your Decision
Decide:
I am choosing to (circle one): USE / NOT USE my media because \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_.
18. Alternative Activity
If you choose not to use media, what wonderful activity will you do instead?
19. Visualize Success
Imagine how you’ll feel after doing that alternative activity, especially at the end of the day. Write a few sentences:
20. Move Forward
Move into your next activity with clarity and enthusiasm, whatever you decided.
21. Repeat as Needed
You can always return to this worksheet whenever you need support.

Remember: This worksheet is here to help you pause, reflect, and make empowered choices. You’re doing great—one mindful moment at a time!