Urge Surfing Log

An urge is a wave. It rises, peaks, and falls. You can ride it out.

Urges feel permanent in the moment. They are not. Most urges peak within minutes and then drop, even if you do nothing. This log helps you notice the shape of your own urges over time: what triggers them, how high they get, how long they last, and what helps.

Instance 1

Date / time and what the urge was

What came right before

Peak intensity (1-10)

1 = barely there · 10 = strongest it got

How long until it dropped

What you did, or what helped most

Instance 2

Date / time and what the urge was

What came right before

Peak intensity (1-10)

1 = barely there · 10 = strongest it got

How long until it dropped

What you did, or what helped most

Instance 3

Date / time and what the urge was

What came right before

Peak intensity (1-10)

1 = barely there · 10 = strongest it got

How long until it dropped

What you did, or what helped most

Book a free 15-minute consult

A free, 15-minute call with Sean, a Canadian Certified Counsellor. No pressure, just a conversation.

Join the newsletter · **Leave a Google review**

A review of these free tools is public and optional, so no pressure, especially if you're a current client.

Educational content; not a substitute for therapy. If you are working through something significant, consider connecting with a counsellor or your family doctor.