

How to Stop Cravings with Urge Surfing

1



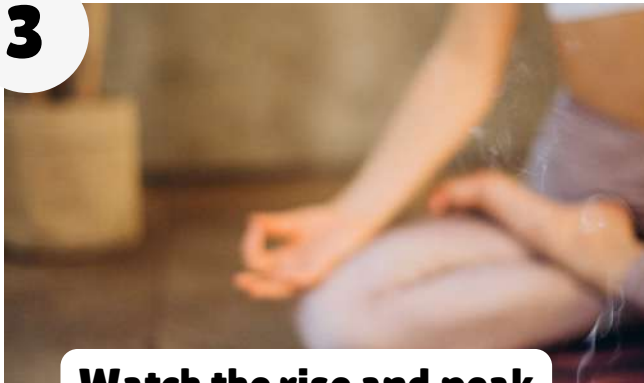
Notice the trigger

2



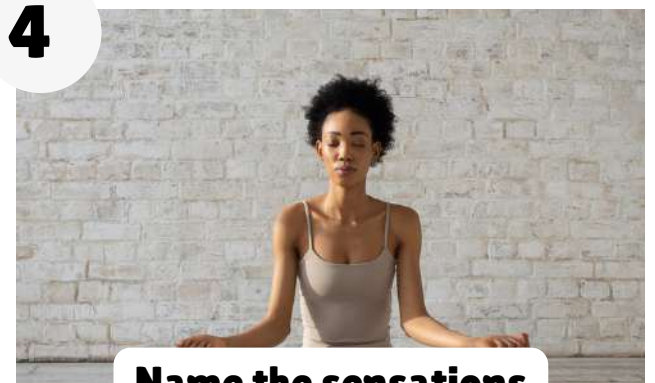
Use mindfulness

3



**Watch the rise and peak
of your cravings**

4



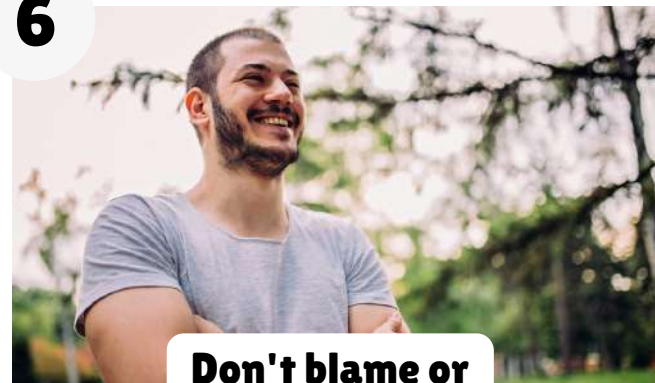
**Name the sensations
you feel in your body**

5



**Notice as your cravings
start to subside**

6



**Don't blame or
shame yourself**