Craving Wave

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

Use a fictional, ordinary example chosen by the facilitator; personal disclosure is optional.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Describe an urge as a changing wave; identify warning cues, practice a short urge-surfing exercise, and build a contact-and-coping plan.

3. What could help you get through the next ten minutes?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.