

Craving Surfing Tool

A calming way to ride cravings instead of fighting them.

SECTION A — UNDERSTAND THE CRAVING

A craving is a wave — it rises, peaks, and falls.

It's not a command.

You don't need to obey it or fight it. Just observe it.

Most cravings fade within 90 seconds when you stay present.

SECTION B — THE 90-SECOND WAVE

The 90-Second Wave (Core Technique)

1 Step 1 — Pause

Set a 90-second timer.

You are not delaying the craving — you're simply watching it.

2 Step 2 — Notice Sensations

Where do you feel the craving?

- Chest
- Stomach
- Throat
- Shoulders
- Mind "pull"

Just observe. No judgment.

3 Step 3 — Ride the Wave

Let the craving rise...

Let it peak...

Let it fall.

Stay with the physical sensation, not the story in your mind.

4 Step 4 — Breathe

Slow inhale (4 seconds)

Hold (2 seconds)

Slow exhale (6 seconds)

5 Step 5 — Reassess

When the timer ends, ask gently:

"Do I still want this, or has the wave passed?"

SECTION C — IF THE CRAVING IS STILL STRONG

The 4-State Check-In

Ask yourself:

AM I...

Hungry?
Body cues

Emotional?
Stress, sadness

Tired?
Low energy

Triggered by the environment?
Sight, smell, habit

Naming the state reduces craving intensity.

SECTION D — THE 2-MINUTE REPLACEMENT ROUTINES

The 2-Minute Replacement Routines

If the craving hasn't fully faded, try a quick state-change that gives your brain relief.

Choose one:

✓ Drink a full glass of water

✓ Do 2 minutes of stretching

✓ Text someone briefly

✓ Change locations

✓ Take a 1-2 minute walk

✓ Step outside for fresh air

✓ Put on a calming or fun song

✓ 10 slow breaths

✓ Make tea

✓ Sit in silence for 60 seconds

These replacements satisfy the same craving with a healthier routine.

SECTION E — A GENTLE NOTE

"You never need to fight cravings. Let them rise, let them fall, and meet the need with awareness."