Urge surfing card

Urges behave like waves: they build, crest, and pass, usually within a few minutes. This card is the 90 seconds between you and autopilot. Print it, fold it, keep it where the phone usually lives.

WHEN YOUR HAND REACHES FOR THE PHONE

1. Name it. Say "that's the urge," not "I need my phone." Naming it puts a gap between you and it.
2. Plant yourself. Feet on the floor, one slow breath in, longer breath out.
3. Ride the wave. Give it 90 seconds. Notice where you feel it: hands, chest, jaw. It will crest.
4. Ask the real question. "What was I hoping to feel?" Bored wants interest. Lonely wants contact. Tired wants rest. The feed fakes all three.
5. Do the smallest real version. Text one friend. Step outside. Drink water. Close your eyes for two minutes.

IF YOU SURF IT AND STILL CHOOSE TO SCROLL

Then it was a choice, not a reflex, and that's progress. Set a timer for ten minutes first. The goal isn't perfection, it's ending the autopilot.

MY PERSONAL ALTERNATIVES (FILL IN THREE)

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