

My Surf Log

Plot your urge every two minutes and watch the wave take shape

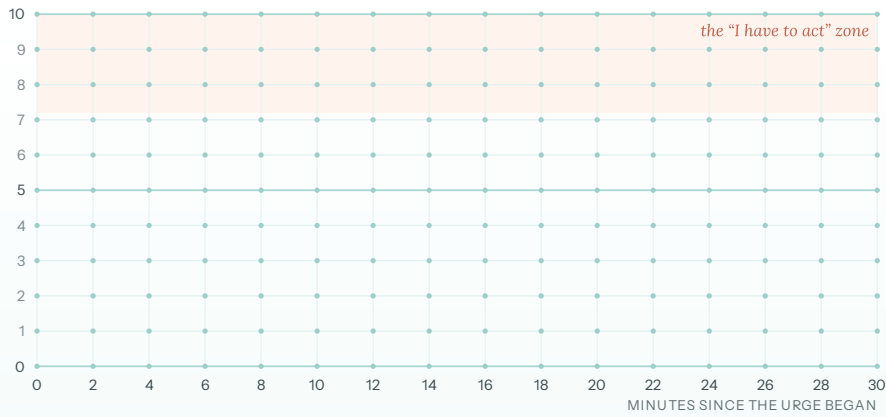
When an urge arrives, note the time and rate its strength (0–10). Keep rating every two minutes, with a dot on the grid, while you practise SO-BER. Then join the dots.

Wave 1 The urge to...

DAY · TIME IT BEGAN

WHERE I WAS

WHAT SET IT OFF



WHERE I FELT IT IN MY BODY

THE PEAK WAS

IT HAD EASED BY

WHAT HELPED ME STAY ON THE BOARD

IN THE END I...

☐ rode it out

☐ acted, later

☐ acted partly

☐ acted

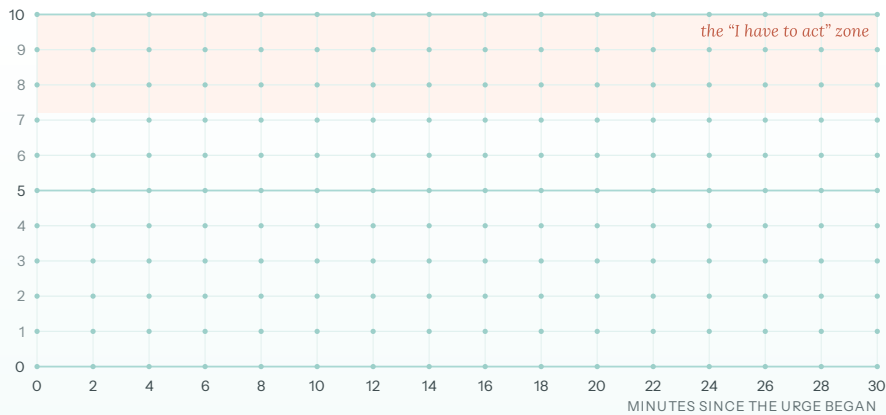
WHAT I NOTICED AS THE WAVE CHANGED

Wave 2 The urge to...

DAY · TIME IT BEGAN

WHERE I WAS

WHAT SET IT OFF



WHERE I FELT IT IN MY BODY

THE PEAK WAS

IT HAD EASED BY

WHAT HELPED ME STAY ON THE BOARD

IN THE END I...

☐ rode it out

☐ acted, later

☐ acted partly

☐ acted

WHAT I NOTICED AS THE WAVE CHANGED

Waves I surfed this week

day 1

day 2

day 3

day 4

day 5

day 6

day 7

Add a mark each time you ride an urge out, even partly.

What the waves are teaching me
