



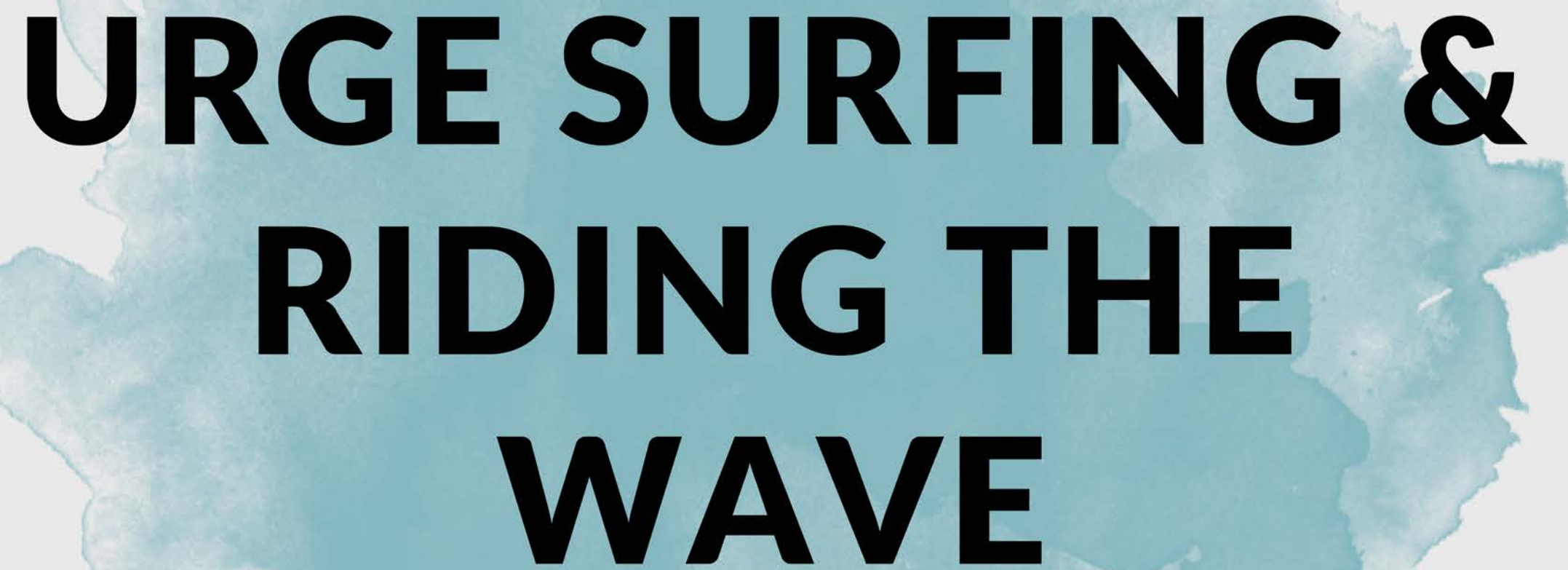
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A large, irregular teal watercolor splash graphic that serves as a background for the title text.

URGE SURFING & RIDING THE WAVE



OCD & Urges

Presence of obsessions and compulsions

Obsessions:

- Recurrent, persistent, urges or images
- Experienced as intrusive and unwanted
- Cause marked anxiety or distress

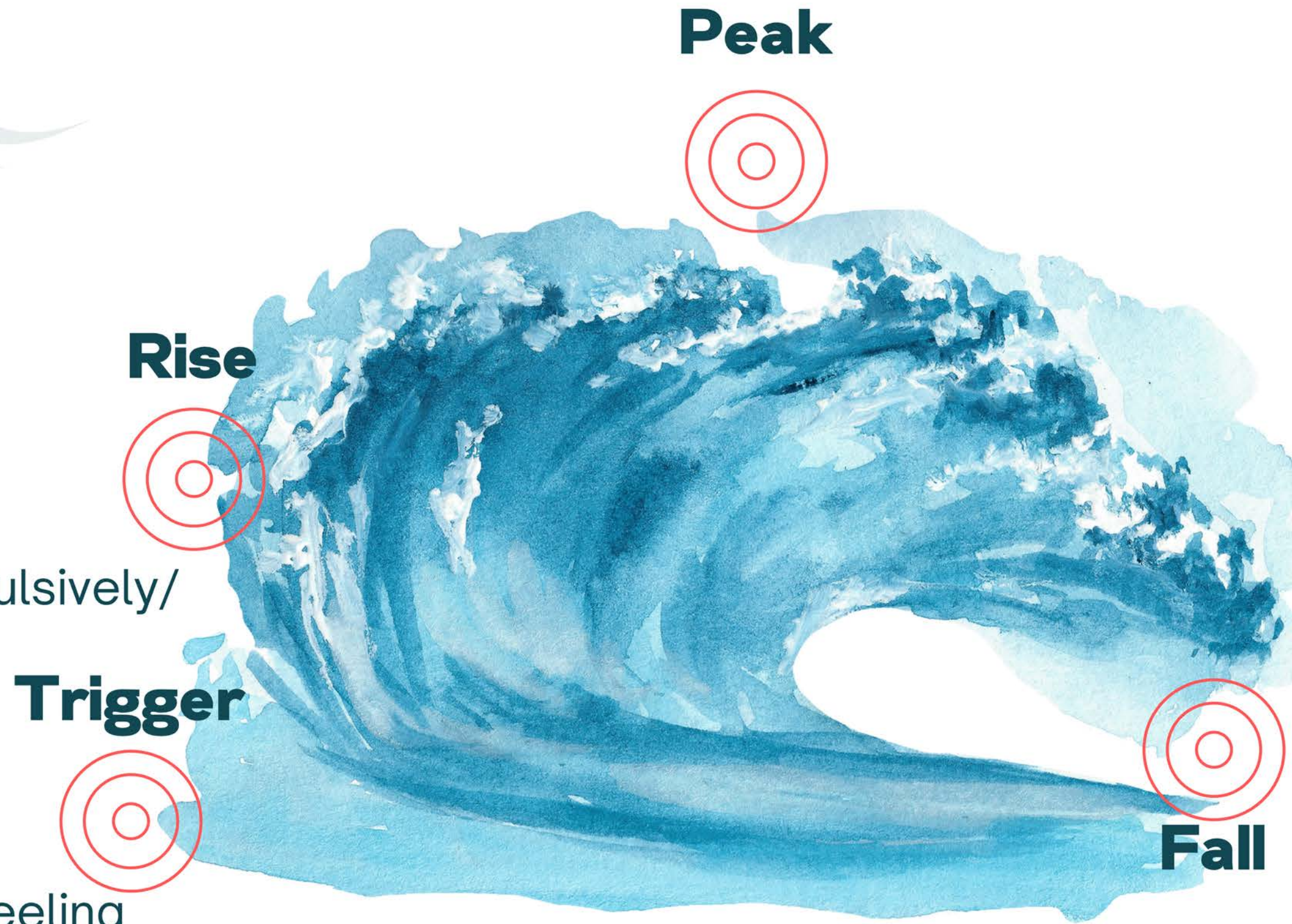
Compulsions:

- Repetitive behaviors or mental acts
- Aimed at preventing or reducing distress



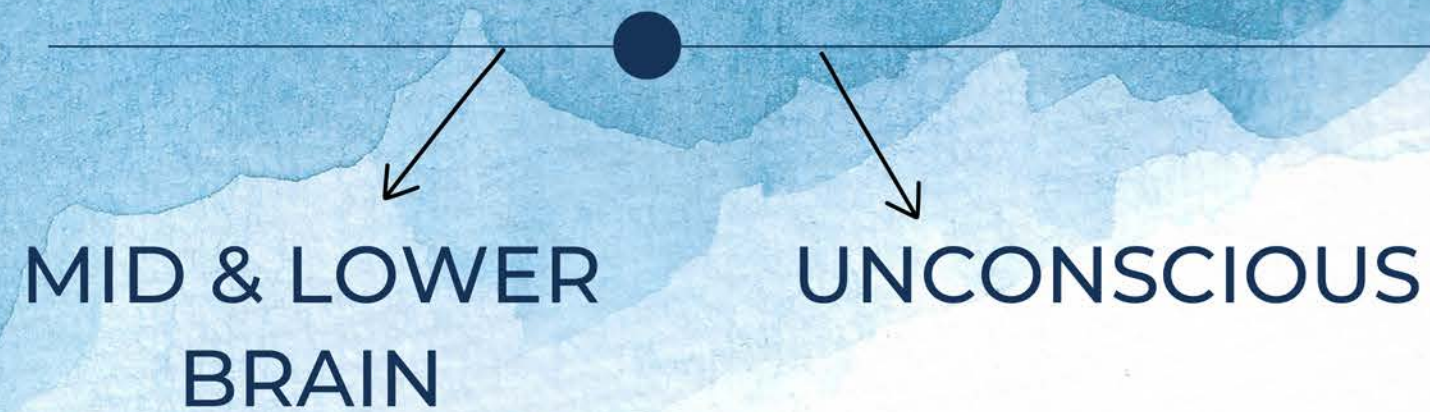
What is an Urge?

- Urges are like waves
- Strong desire or craving to act impulsively/ out of habit
- Occurs before behavior
- Experienced as intense physical/ emotional feeling
- Triggered by an event, a thought, feeling memory or image



Common Types of Urges

Primary Urges



Secondary Urges



"Formed" vs. "Innate"

Think about Your Own Urges

What comes up for you when:



**YOU FEEL
LONELY**



YOU FEEL BORED



**YOU ARE FACED
WITH A
CHALLENGE**



**YOU GET HOME
FROM SCHOOL**



**A RELATIONSHIP
ENDS**



What is Urge Surfing?

 The urge = a water force such as a wave that we can't control

 What happens when you try to fight a wave?

 Instead, we can observe and "ride the wave"

 *Watch the sensation go past*

RESISTING THE **WAVE**

Swimming against the wave

- Uses up energy to fight it
- Leads to frustration and hopelessness
- Fighting = Feeding



↓

"This is never going to end"

"I can't take this feeling!"

"I'll never get better!"



ACT & Riding the Wave

- Move towards the wave even though it's scary
 - Riding it is something to be proud of!
 - With a great ride, you won't regret!



Living in Freedom!



Riding the Wave



T

Take note

A

Allow urge to be there

M

Make room for it

E

Expand awareness

Let it Ride!



BREAKOUT ACTIVITY!

1

Assigned a
Station

2

10-15 Minutes
@ Each Station

3

Regroup for
Discussion



Discussion



Final Thoughts



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