The urge passes. *You stay.*

An urge is a wave. It rises, peaks and falls, usually inside fifteen minutes. Don't argue with it. Just do the next move.

0:00	**Stand up.**	Feet flat on the floor.
0:05	**Phone face down.**	Then leave the room you're in.
0:15	**Breathe, three times.**	In for 4, hold for 4, out for 6.
0:50	**Name it.**	Bored, lonely, tired or stressed? That's the real need.
1:00	**Decide nothing for ten minutes.**	Then fix the real need, not with a screen.

STILL PULLING?

Cold water on your face, or twenty pushups. Then put in headphones and play the audio.

Listen: The Urge Passes
2½-minute guided audio · tap to play

It passed. *Stay free, brother.*

Save this card. Open it before you need it.

For habits, not crises. In crisis: call or text 988 (US) · findahelpline.com