

The 5-Minute Urge Rescue Sheet

What to do when an urge hits. Grounded in ACT, CBT, DBT, and mindfulness. Designed for growth.

Alcohol

Smoking or vaping

Scrolling

Shopping or gambling

Pornography and more

1. Notice the wave

- Name it: **"I'm noticing an urge to ____."**
- Rate it from **0-10**.
- Ask: **What happened right before this?**

The goal is not to argue with the urge right away. First, notice it clearly enough to create a little space.

2. Steady your system

- Drop your shoulders and unclench your jaw.
- Breathe in for **4**, out for **6**, 10 rounds.
- Put both feet on the floor and look around the room.

A calmer body allows for a wiser next step.

3. Do not buy the first thought automatically

- **What is my mind promising right now?**
- **What usually happens 20 minutes later?**
- **What would help me five percent right now, without making tomorrow harder?**

Urges often come with a persuasive story. You do not have to treat that story like a fact.

4. Choose one next move

- Leave the room or create distance from the cue.
- Drink water or take a short walk.
- Text someone safe: **"Having an urge right now."**
- Open Neurture for a grounding, breathing, or urge tool.

5. If you already slipped

- Pause the pile-on.
- Use facts, not verdicts: **"I did X"**, not **"I'm hopeless."**
- Ask: **What is the next helpful move?**
- Remember: **one slip does not require another.**

Reset usually works better than shame.

6. What to remember

Urges rise, peak, and pass. You do not need to make them disappear to make a different choice.

If all you do is slow the loop down by one minute, that still counts. Awareness is movement.

INSTALL NEURTURE

! This sheet is a starting point. Neurture is the fuller version.

- Guided breathing, grounding, and thought tools when you need them most.
- Immediate access to a whole library of skills, usable when cravings hit.
- Personalized support to fit your triggers, behaviors, and patterns.



iPhone + Android
neurtureapp.com/install

This resource is educational and is not a diagnosis, therapy, or crisis support. If you are in the U.S. and need immediate crisis help, call or text 988.