

HALT Check-In

An urge can sometimes be connected to an unmet need. Check what your mind and body may be asking for.

H - Am I hungry?

When did I last eat or drink something nourishing?

A - Am I angry, anxious or overwhelmed?

What emotion needs acknowledging?

L - Am I lonely?

Do I need connection, company or reassurance?

T - Am I tired?

Do I need rest, sleep or fewer demands?

Is there another need underneath the urge?

Pain, boredom, sensory overload, grief, stress or belonging?

What does my body need right now?

What does my mind need right now?

One need I can respond to first is...
