

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?

A - Am I angry, anxious or overwhelmed?

L - Am I lonely?

T - Am I tired?

Is there another need underneath the urge?

What does my body need right now?

What does my mind need right now?

Personal reflection - supportive, non-judgemental resource. Seek professional or emergency help if you are concerned about immediate safety.