

HALT Self-Check

Hungry · Angry · Lonely · Tired



Name: _____ Date: _____

Sometimes cravings are really just unmet needs. HALT stands for Hungry, Angry, Lonely, Tired — four red flags. Use this check whenever you feel an urge rising.

1 Am I Hungry?

What can I eat or drink right now to nourish my body?

2 Am I Angry?

What am I angry about? How can I express it in a healthy way?

3 Am I Lonely?

Who can I reach out to? A friend, sponsor, counsellor, or family member?

4 Am I Tired?

Can I rest, take a break, or reset right now?

What I'll Do Next

 "Come to me, all who are weary and burdened, and I will give you rest." — Matthew 11:28