

H . A . L . T .

- Y Stop, and check for your current core feelings!!!!!!
- Y When you start to feel anxious or want to act out (*sin*) take a minute to take your own feeling inventory.

Hungry

Angry

Lonely

Tired

what is it really?

WATCH OUT if it is more than one of these at once.

Once you know the real feelings(s) ----- Then choose life.

Do not go to auto pilot and do the same old thing. Meet the real need instead of medicating.

What are you **Hungry** for..?

Why are you **Angry**..?

How can you face the **Loneliness**...?

Do you need to **slowdown** or get some **sleep**..?

- Y Try to journal before you get caught in your ritual. Then contact your accountability and talk it out.