

HALT – Hungry, Angry, Lonely & Tired

Four fundamental relapse triggers

Printable worksheet · 5 parts

Name _____ Date _____

HALT Worksheet

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- Part 2 · The Psychology of Your HALT Patterns
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PART 1 OF 5

Understanding Your HALT Profile

What category of HALT (hunger, anger, loneliness, or tiredness) affects you most powerfully, and why do you think that is?

What specific HALT experiences have you noticed that don't seem to fit neatly into any category or that surprise you with their intensity?

How have your HALT patterns evolved or changed throughout your recovery journey?

What HALT experiences have blindsided you most dramatically, and what did you learn from them?

What factors or situations tend to intensify your experience of HALT states?

HALT Check-In:

HALT states are particularly dangerous because they can develop gradually and operate below conscious awareness. They interact with and amplify each other, significantly impairing judgment precisely when good decisions are most critical.

Hungry: Physical, Emotional, Spiritual

Angry: Surface & Underlying

Lonely: Isolated & Disconnected

Tired: Body, Mind, Heart, Spirit

PART 2 OF 5

The Psychology of Your HALT Patterns

How does understanding HALT as a common recovery experience rather than a personal failing affect your relationship with these states?

In what ways might your specific addiction history have shaped your particular vulnerability to certain HALT states?

How do your different HALT patterns interact with each other? For example, does physical hunger intensify emotional reactions?

What early warning signs might indicate emerging HALT states before they become overwhelming?

How might personal history, attachment patterns, or co-occurring conditions influence your HALT vulnerability?

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PART 3 OF 5

Developing Your Management Strategies

What specific strategies have proven most effective for your most challenging HALT category?

What role does external support play in helping you navigate HALT states?

How do you initiate self-care actions when experiencing HALT symptoms?

What recovery resources do you mobilize when noticing HALT patterns?

How might you strengthen your response to the HALT category you identified as most challenging?

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PART 4 OF 5

Building HALT Resilience

How has your relationship with HALT states changed throughout your recovery journey?

What practices help you maintain stability even during periods of hunger, anger, loneliness, or tiredness?

How do you balance self-compassion with necessary action during HALT states?

What would it look like to view HALT as an opportunity for growth rather than just a threat to stability?

How might sharing your experiences with HALT benefit both your own recovery and potentially help others?

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PART 5 OF 5

Your notes & reflections

The HALT Framework

Hungry

Physical, Emotional, Spiritual

Angry

Recognition, Underlying Causes

Lonely

Isolation, Disconnection, Avoidance

Tired

Physical, Mental, Emotional, Spiritual

Additional Notes & Reflections

Add any additional reflections about your HALT patterns, insights you've gained, or strategies you want to implement...
