

HALT — the four that drop your self-control

H

Hungry

A

Angry

L

Lonely

T

Tired

Each one makes a craving harder to ride out. Handle the basics first.

MY TRIGGERS

The two triggers from this list that catch me most often, and where I usually run into them:

One shortcut my brain has built (a place, a person, or a feeling), and what I can do when I hit it:

Section 4: Handling Urges and Cravings

Urges are normal in recovery. They do not mean you are failing. They are signals in your brain that you did not choose and cannot switch off.

Learning to ride one out without acting on it builds real strength.

STEP 1 · WHAT AN URGE DOES TO YOU

Most people report some version of this:

- Body feels tense or restless.
- The “just one time” thought shows up.
- It feels like the craving is never going to end.
- You feel desperate, or trapped.
- You start telling yourself you deserve it after the day you had.
- You feel hopeless — what is the point.

⇒ Which of those show up for you? What else goes through your head when an urge hits?

STEP 2 · PICK ONE AND CHANGE IT

⇒ Take one reaction you just named. How could you respond differently next time?

STEP 3 · YOUR FIVE-MINUTE PLAN

You do not have to beat the craving. You have to outlast five minutes of it.

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You have to outlast five minutes of it.

⇒ **Two quick things you could do to ride out a craving for five minutes without using. Deep breathing. Walking. Getting yourself somewhere else.**

Every single time you say no, you get stronger. It feels small in the moment. It is not. One good decision leads to another, and another. That one moment could be the difference between going home and coming back. It always matters.

Section 7: SMART Goals for Recovery

You might be thinking: I want to be sober. That is a good place to start.

But it is a big goal, and big goals are hard to hold on to. When a goal feels out of reach, it is easy to get discouraged. Discouraged is where relapse starts.

So break it down. A **SMART** goal is one you can actually take hold of.

S	Specific It says exactly what you will do.
M	Measurable You will know when you have done it.
A	Achievable It is possible, even on a bad day.
R	Relevant It helps your recovery.
T	Time-based It has a time frame.

WHAT THAT LOOKS LIKE

Instead of “I want to feel better,” try: **“This week I will go outside for five minutes every day to clear my head.”**

Instead of “I want to get in shape,” try: **“This week I will move my body for thirty minutes a day.”**

☞ **What is one SMART goal you can set for the next three days? Make it small, and make it something that helps your recovery. Then actually stick with it. Baby steps count.**

	My goal
S — What exactly will I do?	
M — How will I know I did it?	
A — Is it possible on a bad day?	
R — How does it help my recovery?	
T — By when?	