

The HALT Chart

Give yourself 3 Chances to Succeed every day, not just one chance to Fail.
Remember - Lapse / Relapse / Collapse – Keep it at Lapse and Move On.

Time	Mon	Tue	Wed	Thur	Fri	Sat	Sun
7am – 1pm							
2pm – 6pm							
7pm – Bed							

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Questions to ask yourself:

Will this decision to eat, or not eat Nourish me or Punish me? Nutritionally? Emotionally?

How do I want to feel about myself when I go to bed tonight? How do I want to sleep? How do I want to feel when I wake up in the morning? (Instant gratification vs delayed gratification)

H.A.L.T! STOP AND THINK, WHAT'S GOING ON?

H – Am I Hungry?

A – Am I Anxious, Angry or Avoiding Something?

L – Am I Lonely or Bored?

T – Am I Tired or Tense (or is it a Treat?)