HALT Check-in

> *"There are more things, Lucilius, likely to frighten us than there are to crush us; we suffer more often in imagination than in reality."*
>
> Seneca, Letters 13 (tr. Gummere)

Use it the moment an urge arrives, or at a set time each day. Score each state honestly, then deal with the highest score first. An urge is often a real need asking for the wrong thing.

STATE	RIGHT NOW (0 = NOT AT ALL, 3 = VERY)	WHAT WOULD ACTUALLY HELP IN THE NEXT 10 MINUTES?
Hungry *Last proper meal? Water today?*	0 1 2 3	
Angry *At whom? Is it in my control?*	0 1 2 3	
Lonely *Who have I actually spoken to today?*	0 1 2 3	
Tired *Sleep last night? Rest today?*	0 1 2 3	

Strength of the urge

0 1 2 3 4 5 6 7 8 9 10

The need underneath

Which state scored highest? What is it really asking for: food, rest, company, or to be heard?

Is it in my control?

If I am angry about something outside my control, what part of it is still mine to decide?

One thing I will do now

Afterwards

Urge strength 20 minutes later: _____ / 10 Did I drink? ☐ No ☐ Yes - that is information, not a verdict.

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