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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After a Slip

> *"Be not disgusted, nor discouraged, nor dissatisfied, if you do not succeed in doing everything according to right principles, but when you have failed, return back again."*
>
> Marcus Aurelius, Meditations 5.9 (tr. Long, adapted)

Wait until you are sober and have slept. Write as if you were describing someone else's evening, with the facts and no adjectives. Shame wants a verdict. This sheet only wants information you can use.

What happened (facts only)

The chain

Work backwards from the first drink.

How I was (hungry, angry, lonely, tired?)	
What set it off	
The thought that gave permission	
The moment I could have chosen differently	

The story my mind is telling now

e.g. "I've ruined everything."

What is actually true

e.g. "I drank once. The days before still count."

What I will change

The next 24 hours

Who I will tell, where I will be, what I will remove from the house.

If you have been drinking heavily for several days, do not stop suddenly without medical advice. Speak to a GP, NHS 111 or a local alcohol service.

Riding the Wave

> *"Be like the promontory against which the waves continually break, but it stands firm and tames the fury of the water around it."*
>
> Marcus Aurelius, Meditations 4.49 (tr. Long)

Do not fight the urge or argue with it. Just watch it, like a wave against the rock. Every five minutes, circle how strong it is and note what you notice in your body and mind. Most people find the wave turns before they expect it to.

Date and time: _____ Where I am: _____

MINUTES	STRENGTH	WHAT I NOTICE IN MY BODY AND MIND
0	0 1 2 3 4 5 6 7 8 9 10	
5	0 1 2 3 4 5 6 7 8 9 10	
10	0 1 2 3 4 5 6 7 8 9 10	
15	0 1 2 3 4 5 6 7 8 9 10	
20	0 1 2 3 4 5 6 7 8 9 10	
25	0 1 2 3 4 5 6 7 8 9 10	
30	0 1 2 3 4 5 6 7 8 9 10	

What helped me ride it

What I learned about this urge

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