

HALT Basic Needs Check

Hungry • Angry • Lonely • Tired

Before reacting to an urge, investigate whether a basic physiological or emotional need is asking for your attention. Your urge may be pointing toward a deeper unmet need.

HUNGRY

Body energy and nutrition

1. What physical signals am I noticing? _____

2. What basic needs may require attention? _____

3. What would support my body today? _____

LONELY

Connection and belonging

1. How connected do I feel? _____

2. What support would help? _____

3. Who could I reach out to? _____

Pattern Recognition

Reflecting on findings to build self-awareness.

When do urges appear most often?

Which need appears most frequently?

What might I genuinely need today?