

H.A.L.T.: PROCESSING

HUNGRY, ANGRY OR ANXIOUS, LONELY, TIRED OR THIRSTY



In the last handout *H.A.L.T.: REFLECTING*, we reflected on what signals in our body tell us about what we need. In this handout, we will process how to respond to those signals in a healthy way.



REFLECTING:

Thinking back over a feeling or situation



PROCESSING:

Making sense of what we are feeling or the situation we are experiencing

Sometimes it can be helpful to get support and feedback by **processing with another person**. There are many ways to ask someone to help you process:

Will you please just be a listening ear for a bit?

Can you remind me to take a breath throughout the day?

Would you please offer me advice?

Hey, can you provide your perspective on this thing?

I am struggling with something, can you help brainstorm ways to fix it?

I am having a problem. Will you help me work through it?

Will you please remind me to take a break?

REFLECT:

We have reflected on how the experiences of being **HUNGRY, ANGRY, ANXIOUS, LONELY, TIRED, or THIRSTY** impact how we **THINK, FEEL,** and **ACT**. Now, our challenge is to process how to respond in a healthy way to those signals.

When I feel...	I can respond by THINKING ...	I can respond by FEELING ...	I can respond by ACTING ...
LONELY	<i>Example: I think I haven't reached out to my friends and family lately.</i>	<i>Example: I am feeling lonely because I miss my friends and family.</i>	<i>Example: I can call my best friends and talk to my parents tonight.</i>
HUNGRY			
ANGRY			
ANXIOUS			
LONELY			
TIRED			
THIRSTY			
OTHER? _____			

NOTE: There may be other emotions, physical sensations, or experiences that impact how **THINK, FEEL,** and **ACT** beyond what is listed in the chart (sadness, nervousness, uncertainty, experiencing something new, general stress, making a mistake, etc.). You can reflect on one of these in the "Other?" box in the chart.

CHALLENGE:

SHARE YOUR THOUGHTS ABOUT THESE QUESTIONS WITH SOMEONE YOU TRUST.

What advice or feedback do they have for you from their own experience?

