

H.A.L.T. Principle

H. ungry
A. ngry
L. onely
T. ired

Don't let yourself get too Hungry, Angry, Lonely, or Tired. Any one of these feelings, or a combination of them, can make you want to smoke.

HUNGRY

When you are hungry, you don't think as clearly. Many people mistake physical hunger with a cigarette craving.

ANGRY

Most people are not comfortable dealing with anger. In fact, many smokers cope with their anger by smoking instead of dealing with the situation.

LONELY

Belonging is a basic human need. Loneliness doesn't feel good. Many smokers say they feel less alone when their pack is on hand.

TIRED

When some people are tired, they use caffeine, sugar or nicotine as a stimulant to wake them up. These are only temporary fixes.

If you find yourself experiencing one, or a combination of H.A.L.T., fix the situation by first asking yourself some simple questions that will help you get to the real issue.

Hunger: What do I really need right now?

Anger: What is really upsetting me and how can I fix it?

Lonely: Who or what will fill my need for companionship right now?

Tired: What is a healthy way to increase my energy right now?

Remember, life is about choices. You can choose to smoke or you can choose not to smoke.

You've worked really hard to get to this point in your journey.

Make the choice NOT to smoke.

You'll be happy you did.

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