**When you feel the urge to turn to Food:**

**H A L T**

**Am I really Hungry?**

**Am I Angry?**

**Am I feeling Lonely/Isolated?**

**Am I too Tired?**

1. **HALT- STOP & PAUSE**
2. **SET A TIMER- 15 MINUTES, DRINK WATER**
3. **NAME IT TO CLAIM IT**
4. **JOURNAL IT**
5. **REWARD**

**NON-FOOD REWARDS**

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