

When you feel the urge to turn to Food:

HALT

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
