

For Smokers Only H.A.L.T. CHART

Post this **H.A.L.T. Chart** on your refrigerator or desk – sometime we have a cigarette only because we are really Hungry, Angry, Lonely, or Tired.
Please be aware that self-awareness increases your chances for success!

H. HUNGRY	A. ANGRY	L. LONELY	T. TIRED
<p style="text-align: center;">AM I HUNGRY?</p> <p>Do I feel “something is missing?” When we get that feeling of emptiness, we often are not able to decide whether we want food or a cigarette – all we know is that we want “something”.</p> <p>Smokers can miss a meal because they often don’t want to take the time to eat – instead they just “smoke a meal.”</p> <p>If you have become a nonsmoker, you can’t afford to miss a meal – it is guaranteed to leave you feeling “hungry.” Although your BODY is calling for food, your ADDICTION is calling for nicotine.</p> <p>In the confusion, you may relapse into thinking that ONLY a cigarette will fill in that “empty space.”</p> <p>FILL YOUR STOMACH SO THE EMPTINESS WILL DIMINISH. YOU’RE TOO VULNERABLE TO RELAPSE IF YOU DON’T PRACTICE WELLNESS BY EATING SENSIBLY AND REGULARLY.</p>	<p style="text-align: center;">AM I ANGRY?</p> <p>Do I feel that my anger is a valid excuse to have a cigarette? Please remember that we can still be worthwhile people when we are feeling angry – we don’t have to punish ourselves with a cigarette. We don’t need to “stuff” down those angry feelings with a cigarette!</p> <p>ANGER IS A VALID EMOTION. ANGER IS NOT A VALID EXCUSE FOR HAVING A CIGARETTE!!</p> <p>FEELING angry is all right. What we DO with those angry feelings may not be all right for you and others.</p> <p>Usually, we need to get in touch with the angry feelings and admit to them – this self-awareness will begin to diminish the angry feelings and reduce the anxiety of the unknown. Ask these questions: “What am I afraid of losing?” “What am I afraid of?”</p> <p>CALL SOMEONE FOR HELP IF THE ANGER MIGHT LEAD YOU BACK TO SMOKING!</p>	<p style="text-align: center;">AM I LONELY?</p> <p>Feeling lonely can be overwhelming enough to send us back to smoking. Again, we need to tell ourselves that FEELING lonely is all right, but what we DO with that lonely feeling may not be all right for us and for others.</p> <p>Being alone does not need to be as lonely if we can appreciate the person we are with – we need to like ourselves. And realize we are worthwhile even if we are alone.</p> <p>Isolating is a choice; using loneliness as an excuse to go back to smoking is a choice.</p> <p>WE HAVE OTHER CHOICES!!</p> <p>Create new hobbies. Call a support person. Become a volunteer. Give service. Get counseling or professional help.</p> <p>IT TAKES STRENGTH TO ASK FOR HELP.</p>	<p style="text-align: center;">AM I TIRED?</p> <p>All of us feel more vulnerable when we are tired. We begin the relapse process which deludes us into thinking that the only way we will be re-energized is to “stoke our fires with a cigarette”</p> <p>If we don’t have time to sleep, we can always take a few minutes to do a relaxation technique. People who are TRULY relaxed or centered have little need for cigarettes!</p> <p>PLEASE GET YOUR REST AND SLEEP. YOU ARE CERTAINLY WORTH IT!</p>