

# The HALT Skill

**Before engaging in any self-destructive behaviour, ask yourself, are you:**

*Hungry*

Hunger can put the body in an imbalanced state, leading to mood swings, impaired decision-making, and reduced impulse control. It's important to eat something nutritious and stay hydrated.

*Angry*

When we feel angry or experience negative emotions, it can hinder our ability to think rationally. If you're feeling angry, take some time to calm down first. Consider using DBT skills like Radical Acceptance or techniques such as Half-Smile, Willing Hands, or Opposite Action.

*Lonely*

Everyone sometimes experiences loneliness, even when surrounded by others. Reach out to someone with whom you have had positive experiences. Even brief interactions can help alleviate feelings of loneliness.

*Tired*

Physical and emotional fatigue can lead to negative thinking patterns and interactions. Aim for 7–9 hours of sleep each night, avoid electronic devices before bed, and maintain a consistent sleep schedule.



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