

H.A.L.T Chart

Cravings and strong desires to smoke are very real. One simple strategy to help oneself from picking up a cigarette is to ask oneself what else might be going on that could be contributing to the urge to smoke.

Am I Hungry, Angry, Lonely or Tired?

H - Hungry	A - Angry	L - Lonely	T - Tired
<p>Am I hungry?</p> <p>Do I feel like something is missing? Smokers have become accustomed to filling empty spaces with smoking a cigarette.</p> <p>Perhaps a cigarette is not the thing needed despite how it may feel. Maybe the craving is just feeling hungry.</p>	<p>Am I angry?</p> <p>Anger is a natural feeling but it can also feel unsettling. Smokers have sometimes become accustomed to smoking away unpleasant feelings.</p> <p>Perhaps a cigarette is not what is needed to help oneself feel better.</p>	<p>Am I lonely?</p> <p>Feeling alone isolated and bored is another kind of hunger.</p> <p>Smokers may be used to turning to a cigarette at these times.</p> <p>Perhaps a cigarette is not the best friend needed when feeling this way.</p>	<p>Am I tired?</p> <p>Tiredness can be a vulnerable feeling; it can contribute to a feeling of powerlessness. Smokers often use smoking as a way to wake up, feel energized and perk up.</p> <p>Perhaps a cigarette isn't the spark that is needed. Think of how exhausting it will feel to have to start the quit process all over again.</p>
Strategy	Strategy	Strategy	Strategy
<p>Having small, sensible, healthy snacks on hand can be helpful in filling the need. Drinking water regularly throughout the day can also be helpful to feel fuller – and to be properly hydrated at the same time!</p>	<p>Sometimes just realizing one is angry can help to feel better.</p> <p>Talk with a trusted friend or professional about what is feeling upsetting. Learning how to be assertive about getting one's needs met can also help.</p>	<p>There are other choices: create new hobbies; call a supportive friend; become a volunteer; contact a professional counselor for support. Join a support group.</p> <p>Quitting smoking can open new possibilities. Imagine a better life.</p>	<p>Quitting tobacco can be exhausting, so try to get some extra sleep. Go to bed earlier; take a nap if you are able.</p> <p>Try some simple stretching or go for a brief walk to re-energize.</p> <p>If you are early in your quit attempt, consider use of nicotine replacement therapy to make up for the lost nicotine.</p>