



# Start Right Where You Are

## H.A.L.T.T. Response

**Hungry? Angry? Lonely? Tired? Thirsty? Take a moment to write down your best "emergency response" strategies and share it with someone who loves you.**

1) A situation in which I sometimes get hungry is:

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Next time that happens I could:

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2) A situation in which I sometimes get angry is:

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Next time that happens I could:

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3) A situation in which I sometimes get lonely is:

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Next time that happens I could:

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4) A situation in which I sometimes get tired is:

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Next time that happens I could:

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5) A situation in which I sometimes get thirsty is:

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Next time that happens I could:

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