

H. A. L. T. Before Relapse

AWAAY Conference Notes – 11/4/2017

Workshop Leaders – Melanie S. & Pam M.

Hunger

Can be physical or emotional.

Fact – 98% of alcoholics are hypoglycemic. Alcohol is one of the quickest ways to get sugar into the blood stream.

Things we can hunger for:

FOOD	COMFORT	UNDERSTANDING
ATTENTION	COMPANIONSHIP	

NOTE: The solution for *emotional* hunger is *community*.

Angry

Some perceived form of powerlessness or helplessness.

CRITICIZING	BELITTLING	NAME CALLING	VIOLENCE (Self/Others)
-------------	------------	--------------	------------------------

Suggested ways to manage the emotional charge of anger:

- Take a timeout – step away and breathe
- Walk
- Run
- Walk away
- Scream (in a safe place)
- Call my sponsor or another woman in the program
- Professional help (may be caused by an incident or childhood trauma)

Note – Page 66 in the Big Book of Alcoholics Anonymous tell us we have to be free of anger. And that anger is the “dubious luxury” of normal people but “for the alcoholic it is poison.” If anger is on a repeated loop, it’s called a *resentment*. Resentments are outlined in the Big Book on page 64.

Suggestion: Pray the 11th Step for my resentment situation or target as well.

