# 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.

### Lonely

Isolating oneself. The Twelve Steps & Twelve Traditions states in Step 5 (page 57) – "Almost without exception, alcoholics are tortured by loneliness."

Loneliness can be a childhood survival tool which has worked in our benefit to overcome adversity. However, when it's used as a way to further our alcoholic behavior we have to check it. Depression can be an underlying cause – so it's important to talk to my sponsor and seek professional help if needed.

Note - The solution for loneliness is also *community*.

#### **Tired**

Exhaustion and the glorification of "busy" is a significant problem among our society. We as alcoholics lack self-care, not resting as needed. Being overwhelmed and over-busy can lead to what feels like a never ending cycle of not enough rest/sleep, tired all day, repeat.

Suggested ways to deal with being tired:

- Napping
- Sleeping
- Fresh air
- Meditation before bed
- Seeing a doctor to ensure a healthy state
- Vacation (either long or short)

| NOTES: |  |  |  |
|--------|--|--|--|
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |
|        |  |  |  |