NEW DAY RECOVERY
Session 7 Handout

Daily Anchors & HALT Check

From Session 7. Anchors before ambitions. Fix wake time, meals, and bedtime first. A modest schedule kept beats an impressive schedule abandoned by Thursday.

Name: _____ **Date:** _____

Tomorrow, with anchors

Anchor	My time / plan
Wake	
Breakfast	
Lunch	
Dinner	
Program / work / service	
One connection	
One rest or enjoyable sober activity	
Bedtime	

My fixed anchor for the next seven days: _____

My two most dangerous unstructured hours: _____ Plan: _____
Person: _____

HALT — run it before you call it a crisis

When craving spikes, check HALT first and treat what is actually wrong: Hungry? Angry? Lonely? Tired? The check takes twenty seconds; the rescue takes days.

Homework: keep the fixed anchor for seven days and run a HALT check three times a day, logging it in your workbook (time, letter, action taken). Bring the log to Session 8.