Session 7: A Day That Holds You: Structure, Sleep, and HALT

PHASE 1 — FOUNDATION: SURRENDER AND STABILIZATION (WEEKS 1–2) · WEEK 2 — STABILIZATION

Date: _____ My craving today (0–10): _____ One word for my week: _____

Handout for this session: the Session 7 handout (Daily Anchors & HALT Check) — in the Handouts Packet.

What we're learning

In addiction, the substance set the schedule: get it, use it, recover, repeat. Take it away and the day is empty — and empty time is where craving grows. A strong day has anchors: a set wake time, real meals, program and work, time with recovery people, and protected sleep. We also learn HALT: never let yourself get too Hungry, Angry, Lonely, or Tired. Those four states make every urge louder, and every one of them can be planned for.

- Anchors before ambitions Fix wake time, meals, and bedtime first. A modest schedule kept beats an impressive schedule abandoned by Thursday.
- HALT before crisis Most 'sudden' cravings are a HALT state that went unnamed for hours. The check takes twenty seconds; the rescue takes days.
- Guard the dangerous hours Every person has them — after dinner, after a shift, Sunday afternoons. Dangerous hours get a plan and a person, in advance.
- Rest is a plan, not a prize In this program, sleep and regular rest are part of the recovery plan, written down like any other commitment — not a reward saved for when everything else is finished.

Goals for this session

☐ I can explain HALT — Hungry, Angry, Lonely, Tired — as a daily self-check

☐ I can build a realistic daily schedule with anchors for waking, meals, program, work or service, connection, and sleep

☐ I can identify my two most dangerous unstructured hours

Check-in

What does your day actually look like right now, hour by hour — and where does it tend to come apart?

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. Which HALT letter catches you most often?

2. What is your current sleep actually like, and what steals it?

3. Which hours of your week are unstructured and risky — and what could fill them that you would genuinely do?

4. What is one anchor you are willing to fix for the next seven days, no exceptions?

Session 7 — Skill Practice

In pairs, participants draft tomorrow's schedule on the Daily Anchors worksheet — wake, three meals, program/work/service blocks, one connection, one rest or enjoyable sober activity, bedtime — then exchange and stress-test each other's day: 'Where will this break? What is the backup?' Each person then names their fixed anchor for the week aloud.

My fixed anchor for this week (the one part of my day that will not move):

Where my day is most likely to break — and my backup:

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ 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.

My log for the week:

Day / date	What happened — what I did	Notes

An optional Scripture handout for this session is available from your facilitator on request.

