

SAA Tools of the Program

H.A.L.T. Hungry Angry Lonely Tired

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| • Steps | Recovery Literature | Fellowship |
| • Meetings | Prayer | Sponsorship |
| • Phone List | Meditation | Service Work |
| • Spiritual Direction | Slogans | Affirmations |
| • Positive Visualization | Chants/Small Prayers | Hobbies |
| • Journaling | Daily Check in | Church |
| • Abstinence | Internet blocking | Solid Boundaries |
| • Accountability Groups | Staying in the Now | The Promises |
| • Scriptures | Professional Therapy | Serenity Prayer |
| • Changing environments | Changing “friends” | Carrying chips |
| • Behavior Modification | Spiritual radio programs | Change TV habits |
| • Good Books | Attitude of Gratitude | Act as if |
| • T.V. V Chips | Friendships | Family |
| • 3 Second Rule | Retreats | 12 Step Conventions |
| • Exercise | Develop Good Rituals | Change email address |
| • Change phone # | Fast Forward the tape | Practice Intimacy |
| • Read the 12 + 12 | 3 rd Step Prayer | Laughter |

