

# Check in with yourself...

## BODY

Posture, facial expressions,  
breathing, heart rate

## EMOTIONS

What emotion(s) are you noticing in  
the moment?

## THOUGHTS

Consider your internal dialogue;  
do you identify a bias or  
assumption?

## BEHAVIOR

What do you notice in your  
behavior? What actions are you  
using to meet your needs?

# “H.A.L.T”

**When in your back seat, ask yourself**  
**Are you** Hungry, Angry, Lonely, or Tired?

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