Karren Garrity

Master Your Feelings Podcast

Episode 3

HALT (Show Notes)

Welcome to another episode of Master Your Feelings, Master Your Life with Karren Garrity.

Karen is a Licensed Professional Counselor and Nationally Certified Counselor in NW, Connecticut. She is also the author of “The Tool Box: Building Better Relationships with Teens” which you can find on [Amazon](http://www.amazon.com/gp/product/0615640427/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20) and her website [www.toolboxprogram.net](http://www.toolboxprogram.net).

Karren has many tools and programs available for you on her website and we encourage you to visit and [email us](http://www.toolboxprogram.net/contact.html) if you have any questions regarding this podcast episode or questions about Karren’s programs.

In this podcast entitled “HALT” Karren talks understanding your feelings and using them as a guide to figure out what you need to do to feel better. It’s so important to not let yourself get stuck in an emotional state, because you run the risk of settling in and letting it define you.

She shares an acronym to use at those times when you are feeling overwhelmed so that you can get unstuck

H.A.L.T Hungry, Angry/Anxious, Lonely Tired

Simply, if you are hungry you need to eat…your feelings, if you listen to them will help out figure out what action you need to take to feel better!

CONNECT WITH KARREN

Once again you can go to [www.toolboxprogram.net](http://www.toolboxprogram.net) to find tons of great information from Karren Garrity along with her book [THE TOOL BOX: BUILDING BETTER](http://www.amazon.com/gp/product/0615640427/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20) [RELATIONSHIPS with TEENS](http://www.amazon.com/gp/product/0615640427/ref=as_li_qf_sp_asin_il_tl?ie=UTF8&camp=1789&creative=9325&creativeASIN=0615640427&linkCode=as2&tag=garritylpc-20). If you are enjoying this podcast we encourage you to head on over to [ITUNES](https://itunes.apple.com/us/podcast/master-your-feelings-podcast/id947505642?mt=2) and give Karren a written review. It helps spread the word about MASTER YOUR FEELINGS, MASTER YOUR LIFE.