

Getting Hooked

In ACT, we talk colloquially of being “hooked by your mind” or “hooked by thoughts” – by which we mean you get all caught up in your thoughts and they exert a strong influence over your actions. In what situations does your mind manage to hook you? What sort of things does it say in order to hook you? How do you manage to unhook yourself?

Date/Time Triggering Events or Situation	What did your mind say or do to hook you?	How did your behavior change when you got hooked? What did those actions cost you?	Did you manage to unhook yourself? If so, how?