



KNOW YOUR HOOKS

A hook is any experience that impacts your behavior. They can be direct like stubbing your toe and reacting in anger or indirect like seeing a social media post that reminds you of an old friend, you spend some time thinking about them and later get in touch.

1. WHAT HAPPENED?

Write down a situation where you did something problematic. What did you do?

2. PAY ATTENTION

Write down what private experiences like thoughts, feelings, memories, or sensations showed up for you and triggered problematic behavior.

3. IS THAT A HOOK?

Ask yourself if that private experience is a hook for you. Here's how you can tell: did it impact your behavior in a problematic way? If so, write down the name of that hook: e.g. my anger hook, sadness hook, etc.

4. PREPARE

The person that you want to be. What would they do when your hook shows up? Would they bite it and react? Engage in those same behaviors? If not, write down what you would choose to do differently.

5. NOTICE YOUR HOOKS

Noticing your hooks is a life skill. You don't get to choose whether you have hooks or not but you can choose how you respond to them and how you interact with your hooks.