

GETTING HOOKED

In ACT, we talk colloquially of being "hooked by your mind" or "hooked by thoughts" -- by which we mean getting caught up in your thoughts and allowing them to have a strong influence over your actions. There's no problem with this unless it gets in the way of having the life you want. In what situations does your mind manage to hook you? What sorts of things does it say in order to hook you? Over the next week, spend some time getting to know your thoughts and how they influence your behavior. Spend a moment reflecting once a day with this worksheet.

Date and Triggering Event or Situation	What thoughts did you get hooked by?	How did these thoughts influence your behavior ?	Did this cost you anything in terms of what you want out of life or what's important to you?	If you were not hooked and these thoughts did not exert influence over your behavior, what would you have done differently ?

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