

# KNOW YOUR HOOKS



A hook is any experience that impacts our 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?

Describe a situation where you engaged in problematic behavior. What actions did you take?

## 2. Pay Attention

Write down the private experiences, such as thoughts, feelings, memories, or sensations, that triggered your problematic behavior.

## 3. Is that a hook?

Ask yourself if that private experience is a hook. Did it lead to problematic behavior? If so, name it (e.g., anger hook, sadness hook, etc.).

## 4. Prepare

Imagine the person you aspire to be. What would they do when your hook appears? Would they bite and react, engaging in the 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.