

## GETTING HOOKED

In ACT, we talk about being "hooked" by internal experiences (thoughts, feelings, sensations, urges) – getting fused with IE's 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 IE's manage to hook you? What sorts of IE's hook you? Over the next week, spend some time getting to know your IE's and how they influence your behavior. Spend a moment reflecting once a day with this worksheet.

Date and Triggering Event or Situation	What IE's did you get hooked by?	How did these IE's 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 IE's did not exert influence over your behavior, what would you have done differently?

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<u>Situation</u>	<u>Internal Experience</u>	<u>Behavior</u>	<u>Cost</u>	<u>Alternative Behavior</u>