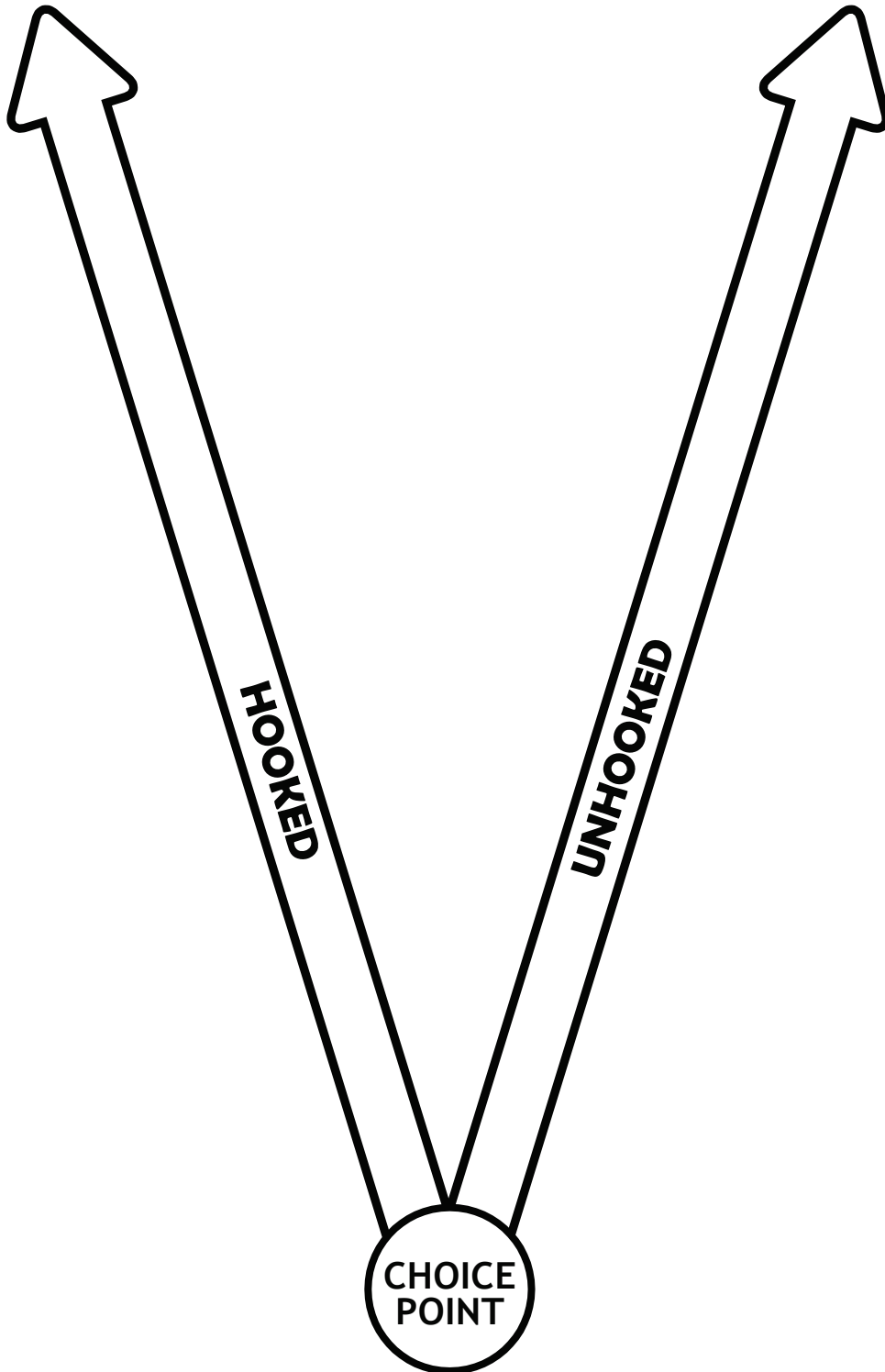


AWAY

TOWARDS



Situation(s)
Thoughts & Feelings

AWAY

Acting ineffectively,
behaving unlike the
sort of person you
want to be.



HOOKED

TOWARDS

Acting effectively,
behaving like the
sort of person you
want to be.



UNHOOKED

**CHOICE
POINT**

Situation(s)
Thoughts & Feelings

HELPERS

Who do you care about?
What matters to you?
What activities and areas of life
are important?
Values, Goals, Strengths, Skills.

AWAY

Acting ineffectively,
behaving unlike the
sort of person you
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HOOKED

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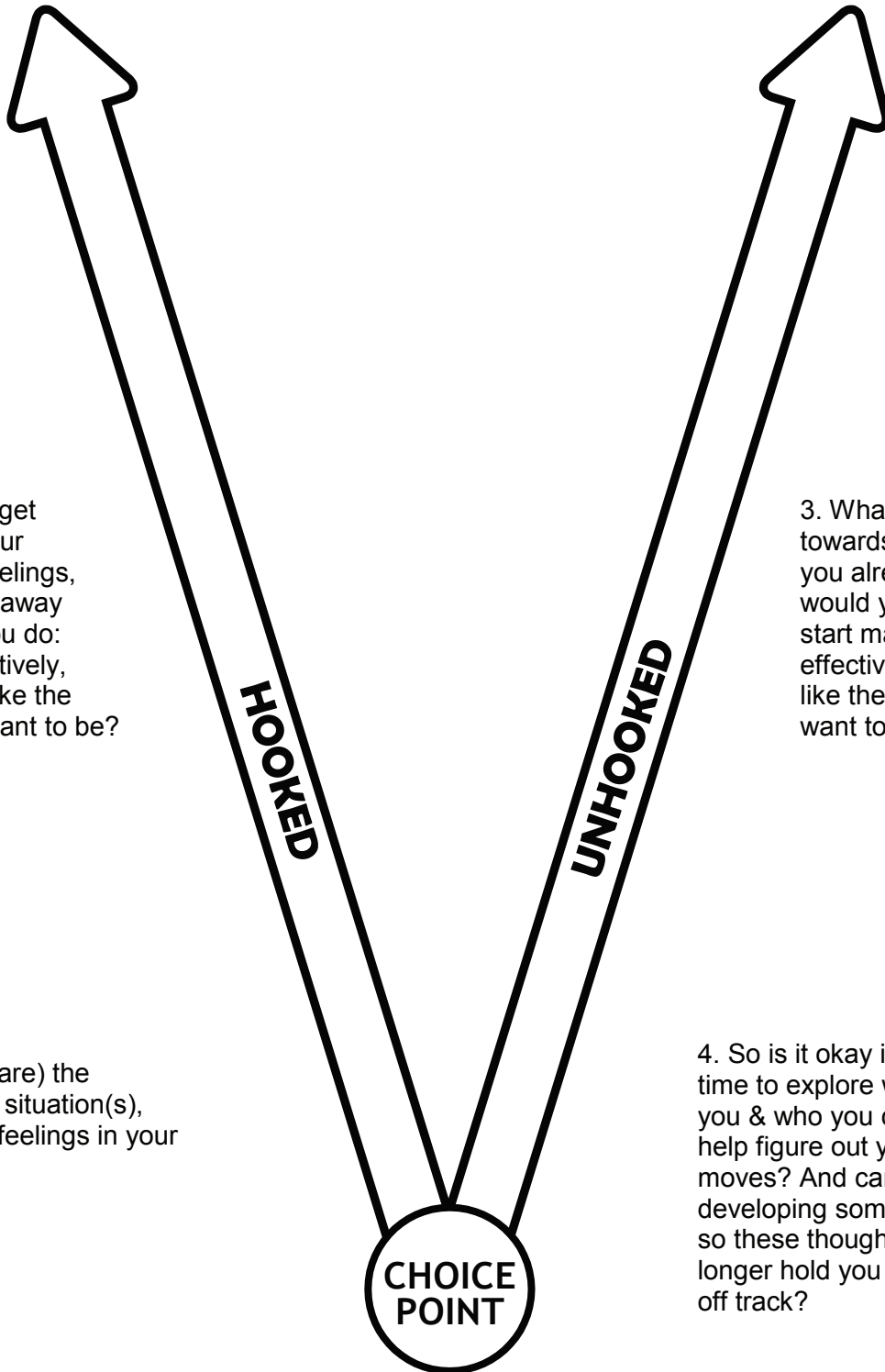
“Hooked” means my thoughts & feelings
dominate me; they hook me and reel me
in; jerk me around like a puppet on a
string, push and pull me into ineffective
types of behaviour

“Unhooked”: my thoughts and feelings
no longer dominate me or jerk me
around. They lose their impact and
influence over me. This makes it much
easier for me to choose how I behave.

Situation(s)
Thoughts & Feelings

AWAY

TOWARDS



2. When you get hooked by your thoughts & feelings, what kind of “away moves” do you do: acting ineffectively, behaving unlike the person you want to be?

3. What kind of towards moves do you already make or would you like to start making – acting effectively, behaving like the person you want to be?

1. What is (are) the challenging situation(s), thoughts & feelings in your life today?

4. So is it okay if we take some time to explore what matters to you & who you care about – to help figure out your towards moves? And can we also work on developing some unhooking skills, so these thoughts and feelings no longer hold you back or pull you off track?

Situation(s)
Thoughts & Feelings