

GETTING HOOKED: KATE'S STORY

Read through Kate's story. In what situations did Kate get fused with her internal experiences (IE's)? What kinds of IE's - thoughts, feelings, sensations or urges - got her hooked? How did these IE's influence her behavior and what did this cost her? From what we know about Kate and what she values, if she did not get hooked by her IE's, what would she have done differently?

Triggering Event or Situation	What IE's got Kate hooked?	How did these IE's influence Kate's behavior?	What did this cost Kate in terms of what she wants out of life or what's important to her?	If Kate were not hooked, and these IE's did not exert influence over her behavior, what would she have done differently?