

A photograph of a hummingbird in flight, hovering near a large, vibrant red hibiscus flower. The bird is positioned on the right side of the frame, facing left towards the flower. The background is a soft, out-of-focus grey. The entire image is set within a rounded rectangular frame on a blue background.

UNHOOKING

Instructions

UNHOOK YOURSELF with these three steps:

- 1) NOTICE that a difficult thought or feeling has hooked you. Realize that you are distracted by a difficult thought or feeling, and notice it with curiosity.
- 2) Then silently NAME the difficult thought or feeling; for example: "Here is a difficult feeling" "Here is tightness in my chest" "Here is a feeling of anger" "Here is a difficult thought about the past" "I notice here is a difficult thought" "I notice here are fears about the future"
- 3) Then, REFOCUS on what you are doing. Pay full attention to whoever is with you and whatever you are doing.