

# HOW'S YOUR MIND HOOKING YOU?

Our minds are great at coming up with “stories”. In technical terms, we call such stories “cognitions”. Cognitions can include thoughts, beliefs, narratives, ideas, attitudes, assumptions, opinions, judgments, and more. Many of these stories all too easily “hook” us: they take our attention away from where it needs to be, or jerk us around and pull us into self-defeating patterns of behaviour (“away moves”).

There are many different categories of such stories. Below are four of the most common ones. For each category, please write in your answers.

**1. Judgments** *(what judgments does your mind make about yourself, others, life, the world, your body, your mind, your behavior, etc.)*

**2. Time Traveling** *(what stories about the past – e.g. painful memories - or the future – e.g. worrying, predicting the worst - does your mind tend to hook you with?)*

**3. Reason Giving** *(what reasons does your mind give you as to why you can't or shouldn't do the things that matter to you?)*

**4. Rules** *(what unhelpful rules does your mind insist upon, in terms of what you can, can't should or shouldn't do; or how life, the world, others should or shouldn't be?)*