

WE'RE NOT TRYING TO DISMISS OR IGNORE OUR THOUGHTS

UNHOOKING from our thoughts means separating from them, seeing them for what they truly are, and allowing them to be as they are.

The purpose of unhooking is not to get rid of unwanted thoughts, nor is it to reduce unpleasant feelings (although these things may happen as a by-product of unhooking).

The purpose of unhooking from thoughts is to enable you to do towards moves (i.e. act effectively, behave like the person you want to be) and engage fully in life - instead of getting lost in, pushed around or held back by your thoughts.

We are not trying to dismiss or ignore our thoughts when we unhook from them. We are interested in our thoughts. Our aim is to make good use of whatever is helpful in our thoughts. And if we pay attention with openness and curiosity, then even the most painful, difficult thoughts will usually have something useful to tell us.

Useful questions we can ask ourselves:

Is/are this/these thought/s ...

- alerting me to something important, I need to address?
- reminding me of something that requires preparation, planning, or action?
- reminding me of important values and goals?
- reminding me to be compassionate to myself or others?
- reminding me about my behavior or attitude?
- alerting me to potential threats and risks I need to prepare for?
- guiding me towards the life I want?
- reminding me how I want to treat myself or others?
- reminding me what I want to stand for (or stand against) in the world?
- alerting me to things I need to do differently?

If there is something useful in the thought/s showing up, let's take that on board, and let it guide us into effective, values-guided action.

But if there's nothing useful, let's simply acknowledge these thoughts are here, and allow them to come and stay and go in their own good time, while we give our energy and attention to what's important.