

THE CHOICE POINT

AWAY

Acting in a way that is unlike the person you want to be.

Hooks that try to pull you in this direction include difficult or unhelpful thoughts, feelings, and memories.

Notes about Hooks:

TOWARDS

Acting like the person you want to be.

Helpers that help you in this direction include your values, strengths and skills that help you to act like the person you want to be.

Notes about Helpers:

STOP

This is a choice point, so: Stop and define the choice, Take note of your thoughts and feelings, Open up to those thoughts and feelings, and Pursue your values by making your choice in line with them.



CHALLENGING SITUATION