

# Getting Hooked ACT Worksheet

*Acceptance and Commitment Therapy (ACT)  
Understanding and Defusing Psychological Hooks*

## Client Information:

Name:

Date:

Session Number:

## Instructions:

This worksheet will explore and defuse psychological hooks using Acceptance and Commitment Therapy (ACT) principles. A psychological hook is a thought, feeling, memory, or sensation that triggers distress, discomfort, or unhelpful behavior. The goal is to become aware of these hooks, accept their presence, and choose actions aligned with your values. This exercise involves three steps: **Identify, Accept, and Defuse.**

### Step 1: Identify the Hook

Describe the situation or trigger that led to the psychological hook. Be as specific and detailed as possible.

**Trigger or Situation:**

#### Thoughts/Feelings/Sensations

- Thoughts:
- Feelings:
- Sensations:

**Unhelpful Behavior:**

### Step 2: Accept the Hook

Acknowledge that psychological hooks are a normal part of the human experience. Instead of trying to eliminate or suppress them, practice accepting their presence without judgment.

**Mindful Awareness:**

**Self-Compassion:**

### **Step 3: Defuse the Hook**

Defusion involves creating a little distance between yourself and your thoughts. This helps you see them as what they are – just thoughts – rather than ultimate truths.

**Metaphor:**

**Externalizing:**

**Thought Defusion:**

**Action Commitment:**

**Value-Based Action:**

**Plan:**

**Reflection:**

**Additional Notes:**

**Signature:**

By signing below, I acknowledge that I have completed this Getting Hooked ACT Worksheet and engaged in self-exploration and commitment to value-based actions.

Client's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Therapist's Signature: \_\_\_\_\_ Date: \_\_\_\_\_