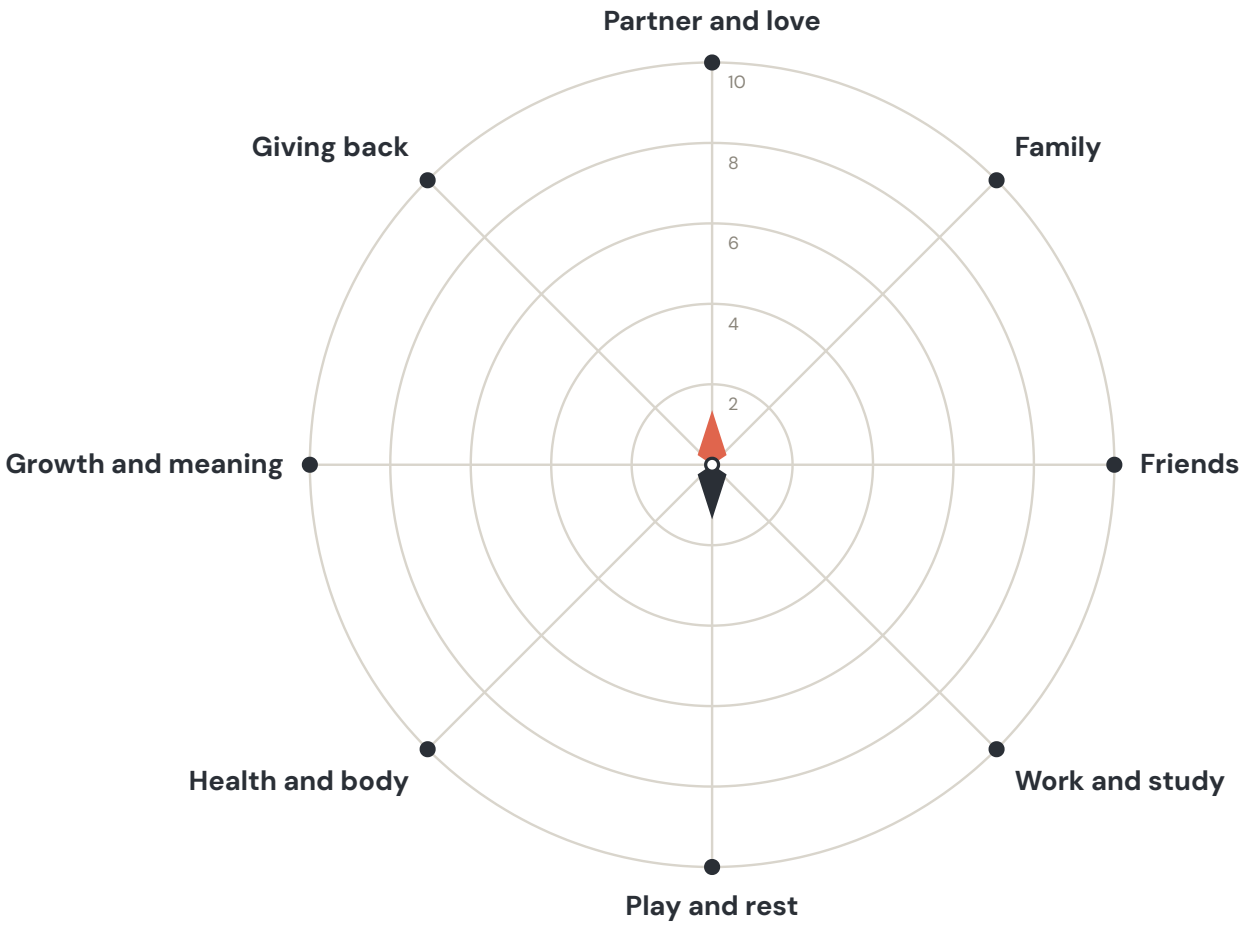
Values compass

Values are directions to head in. Chart how close to your values you are living today

A value is not a goal to finish. It is a direction, like heading west. For each area of life, put a dot on the spoke: 0 (the center) means not living it at all, 10 (the edge) means living it fully. Then join the dots.



Where my life and my values feel close

Where there is a gap that matters to me

What a day could look like if I lived a little closer to this direction

What might get in the way

The direction I most want to move toward this month

Name _____ Date _____

Unhooking from thoughts

Step back from a sticky thought and see it as a thought

The goal is not to make the thought go away or to prove it wrong. It is to loosen its grip so you can choose what to do next. Try one hooked moment from this week.

1. **Notice and name the hook**
   Say quietly: I notice I am hooked. Where do I feel it in my body?
2. **Add a few words in front**
   Turn the thought into: I am having the thought that … Then try: I notice my mind is telling me a story that …
3. **Name the feeling too**
   I am noticing a feeling of … Let it be there, like weather passing through.
4. **Come back and choose**
   Take one slow breath. Ask: what would I like to do next, in line with what matters to me?

Defusion record

The sticky thought, as it first appears	How much I believe it (0 to 10)	The thought, reworded (I am having the thought that …)	How much I believe it now (0 to 10)	What I did next

What changed when I reworded it (even a little)

Is this thought a useful guide for the life I want? What does it help me do, and what does it stop me doing?

A thought I can let be there today, and still take my next step

Name _____ Date _____

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