

UNHOOKING

30-90 second practice to find freedom from emotional reactivity and create space to respond wisely

PURPOSE:

- Interrupt unhelpful patterns before they escalate
- Respond to difficult moments with clarity and compassion
- Reduce stress levels and emotional fatigue

HOW TO:

- 1 Recognize** the “stuck” feeling of being hooked
- 2 Pause + name it**
- 3 Relax into the discomfort** + offer kindness

