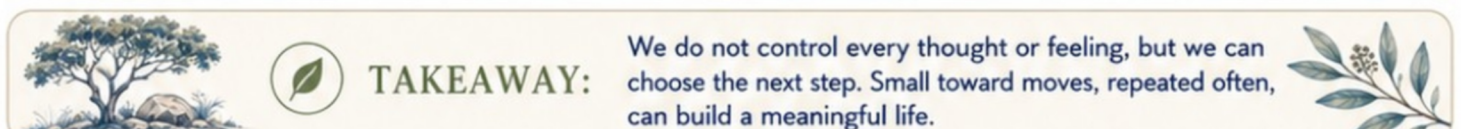
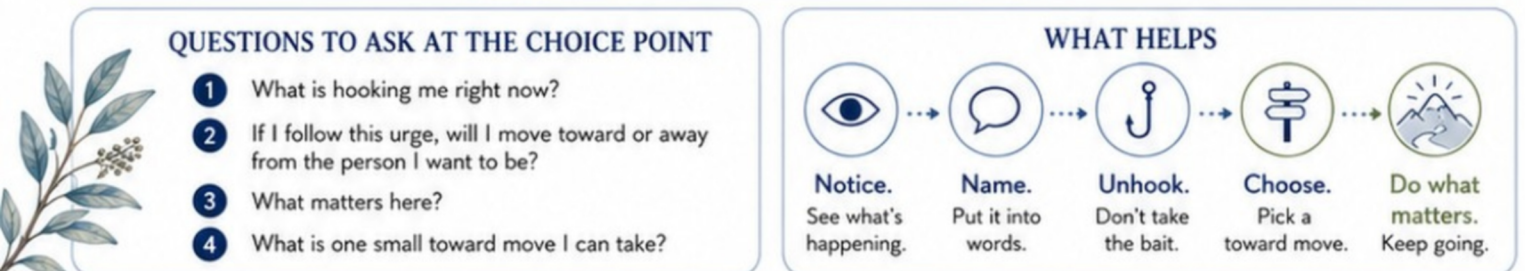
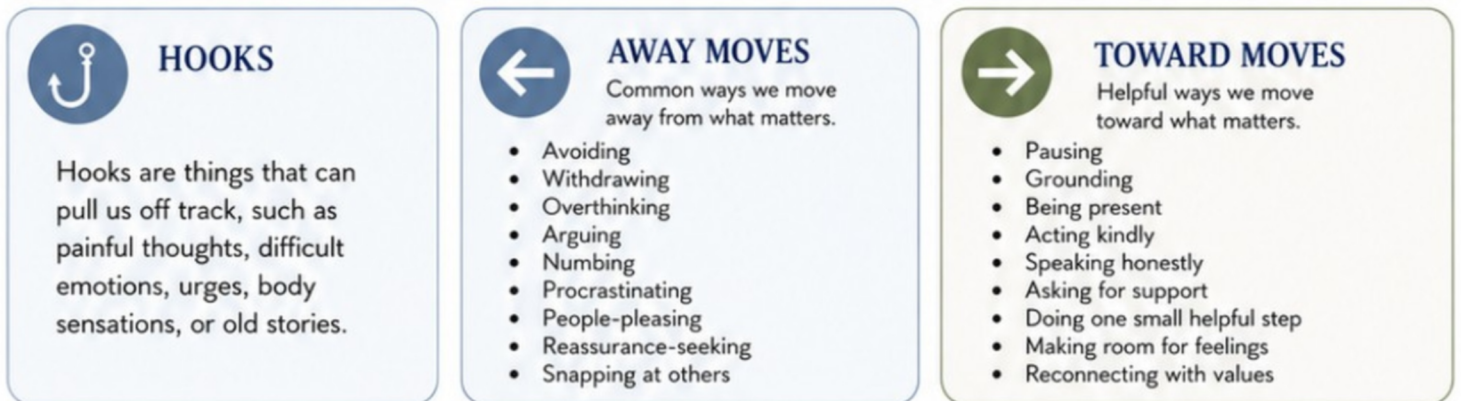
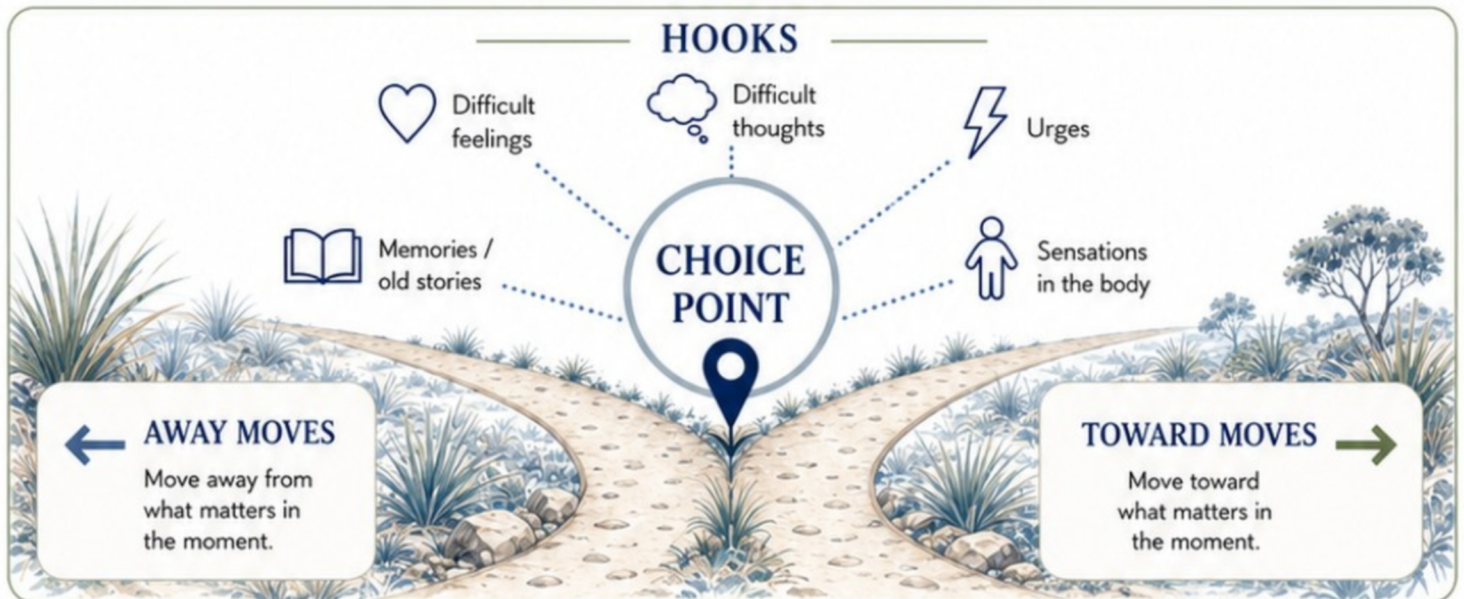


Choice Point

Noticing hooks, choosing your next move

Thoughts, feelings, and urges can hook us into reacting in ways that move us away from the life we want to live. Pause and notice the hook. You may not control what shows up, but you can choose a next step toward what matters.



References

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