**Noticing Being Hooked**

**T** (where T = hooked thought)

*I am having the thought that* ***T***

*I am noticing that I am having the thought that* ***T***

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***Class 4 Homework:***

*Remember that you can do or not do this homework and either way works. Just notice if you do or don’t do it. However, if you do choose to do it, do the following: Notice when you’re hooked. Don’t worry about getting unhooked—just pay attention to the hook. Notice how you experience the hook—whether it’s a 5-sense (World) or mental experience (Body/Mind).*

*As “extra credit,” if you think about it, set the hook to a funny tune.*

5 senses experience

Mental Experience

Values

Suffering