Craving Thought Unhooking

You may write, draw, think quietly, use fiction, or pass. Share only what you choose. This is an educational practice activity, not an assessment.

An optional fictional starting point

A character thinks an urge must be obeyed.

1. Choose an ordinary or fictional example. You may keep details private.

2. Try this task: Practice noticing an urge-related thought as a thought while choosing a next action.

3. What words create room for choice?

4. One optional next step, support request, or question I want to carry forward.

You can pause or stop. Ask your facilitator for an alternative if this activity does not fit. Keep identifying details out of any shared copy.