



Become Unhookable

Dear Friend of Possibility Management,

We are learning that Possibility is present far more abundantly than we ever imagined.

Our focus lately is on what stands in the way of Possibility. The idea is that if you turn down the cold water, you get more hot water. Similarly, if you transform blocks, old decisions, unconscious fears, disempowering stories, defensive constructs, [Survival Strategies](#), and [Memetic Prisons](#) into healing processes, then you automatically access more Possibility. If you escape one of the [8 Prisons](#) that you perhaps were not aware you were living inside of, then you gain unprecedented freedom of movement.

One of the most powerful blocks against linear and nonlinear Possibility is 'being Hooked'.

'[Being Hooked](#)' refers to an emotional state of [Reactivity](#) that arises through unconsciously responding to:

1. A **BUTTON** that is designed into your [Box](#) as a rule, belief,

- conclusion, assumption, expectation, judgement, bias, etc.
2. A **HOOK** that is thrown by another [Gremlin](#) to seduce your Gremlin into a Gremlin Feeding Frenzy.
 3. A **TRIGGER** Phrase that opens the door to your internal energy world as a 24 hour all-you-can-eat free-for-all buffet for [energetic vampire entities](#) to devour your life energy and force you into low energy, hiding-out behaviors, and depression.
 4. An psycho-emotional **TRAUMA** that has not yet been made conscious and used responsibly as a [Doorway](#) to a [Transformational Emotional Healing Process](#).
 5. An **IMBALANCE** in the physical body caused by improper diet, over-eating, under-eating, toxins in the system including phone radiation, WiFi radiation, food additives, exhaustion, stress or hormonal imbalances.
 6. A **VOICE** in your head which you still listen to that comes from an external authority figure which you have not taken your [Authority](#) back from, still give your [Center](#) to, still behave [Adaptively](#) towards.

There are a zillion indicators that you are Hooked when you are Hooked, so many that pretending you are not Hooked when you ARE Hooked is silly. Here are some examples.

Symptoms of Being Hooked

- Feeling offended or insulted, being stressed, worrying, disapproving
- Swearing, striking out, destroying, attacking, throwing dishes, kicking the dog
- Making physical gestures or faces (giving the finger, sticking out the tongue, etc.)
- Childish fears or sadness, feeling as a victim, sacrificing yourself, playing small
- Resenting, judging, criticizing, blaming, threatening, overdoing it, underdoing it
- Trying to be right, defending yourself, justifying yourself
- Being numb, being indifferent (as opposed to being neutral)
- Pouting, sulking, making excuses, giving up hope, resignation
- Being cynical, ironical, being self-important, bragging, exaggerating
- Being stuck in linear thinking, trying to be prepared for anything
- Competing, challenging, comparing yourself with others, envy, jealousy
- Excluding others, feeling superior, trying to look good, being arrogant
- Thinking that you have lost, feeling like a failure, isolating, feeling depressed
- Defending your position, arguing, giving reasons, saying, "Yes, but..."
- Being adaptive, 'kissing ass', giving your center away, trying to be nice
- Manipulating, blackmailing, forcing your way, trying to enforce control
- Complaining, feeling 'sour grapes', saying "So what!"; ignoring someone
- Backbiting, gossiping, triangulating, having arguments in your mind

- Forgetting your destiny or your Bright Principles
- Panicking, compulsive behavior, addictive behavior, mechanical behavior
- Being embarrassed, saying, "*I cannot*," feeling stage fright, being stuck at Go
- Losing your attention, being distracted by advertising, snooping, voyeurism
- Hesitating, being speechless, stalling, delaying, oversleeping, daydreaming
- Answering questions with questions, saying, "*Of course!*"
- Name calling, making fun of someone, imitating someone else's mannerisms
- Interrupting conversations, having to tell your opinion, having to do something
- Saying, "*Always...*" or, "*Never...*" trying to be perfect, trying to be the best
- Thinking that you can win, trying to profit, trying to have power over others
- Trying to Hook someone back, trying to piss someone else off
- Pretending to be unhookable... and so on.

The moment you have any of the above behaviors, attitudes or experiences, you are hooked! (Go directly to jail – do not pass GO. Do not collect \$200.)

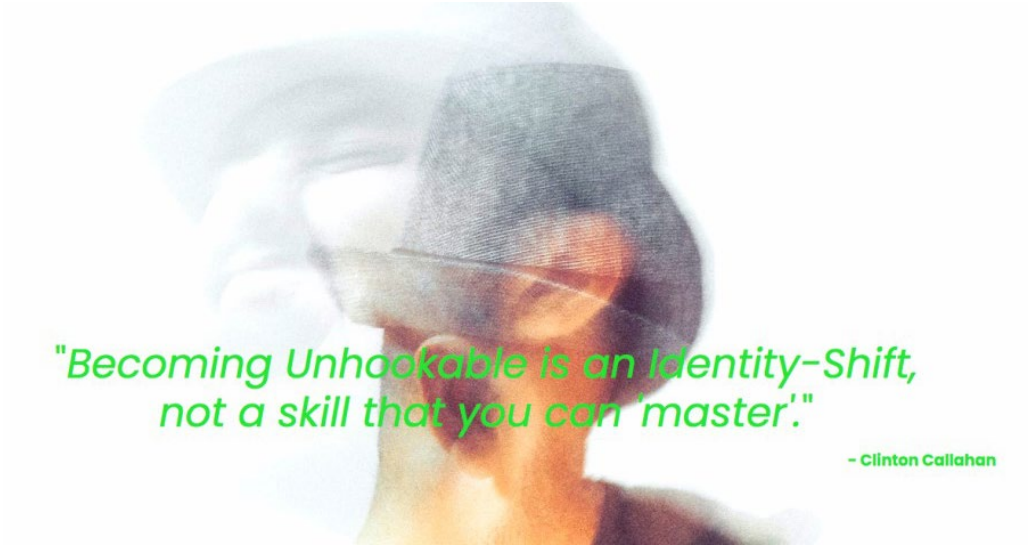
It does not work to try to be unhookable once you are already hooked. You re-enter reality by simply admitting, "*I am hooked!*" Then giving yourself a pause before starting over.

Becoming unhookable seems to be a matter of practice. What to practice, exactly? Excellent question! Here are [99 Ways to Practice Being Unhookable](#).

We have learned that more and more people are joining up into [3Cells](#) to have an ongoing practice [Team](#).

Spring into Practice, we say!

Love from the Possibility Management News Team



*"Becoming Unhookable is an Identity-Shift,
not a skill that you can 'master'."*

- Clinton Callahan

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