

Flipping the Script
Catch, Release, Rinse, Repeat (CRRR) —
Assignment Steps & Rubric
(HFTT Chapter 3)

Assignment Steps

- 1) Pick one of your Hope Action Plan (HAP) goals.
- 2) Using the Catch, Release, Rinse, Repeat (CRRR) worksheet, write 1 hope-hacking thought you experience about this goal. [Catch, Release, Rinse, Repeat.docx](#)[Download Catch, Release, Rinse, Repeat.docx](#)
- 3) In the Release row of the worksheet, analyze what type of hope-hacking thought it is from Chapter 3 (e.g., overgeneralization, all-or-nothing, catastrophizing, “should” statements, discounting the positive, labeling). Use the prompts from the CRRR Workshop to complete the Release (evidence, factual, fiction)
- 4) In the Rinse row, type your hope-filled thought that you will use to replace the hope-hacking thought.
- 5) In the Repeat row, complete all items:
 - a) Write an action you will do the next time you have the hope-hacking thought.
 - b) What will you do to remind yourself to use the hope-filled thought?
 - c) This week, record how many times you had the hope-hacking thought.
 - d) What you did when you had the hope-hacking thought.
 - e) How did you remind yourself to flip-the-script with the hope-filled thought.
 - f) What happened?
- 6) Write 3–4 sentences about any thoughts, feelings, experiences, new actions you thought of, and how you will continue to use this practice to tackle this hope-hacking thought in pursuit of your HAP goal.