

# *50 Hooks To Stop the Scroll!*

## ***The "Negative Constraint" (Stopping the Mistake)***

- 1. Stop using "Hey guys" as your video intro.*
- 2. Your first 3 seconds are why you're not going viral.*
- 3. You're losing followers because your hooks are boring.*
- 4. Stop posting AI videos until you fix this one thing.*
- 5. Most people fail at short-form video before they even start.*
- 6. Is your hook actually a "skip" button?*
- 7. Don't post another Reel until you read this.*
- 8. The biggest mistake you're making with AI content.*
- 9. Why your "perfect" video got zero views.*
- 10. Quit trying to go viral with 2023 strategies.*

*Here are the solutions to those ^^ negative constraints!*

### **1. Stop using "Hey guys" as your video intro.**

- **The Reason:** This is a "low-value" opening. It tells the viewer nothing about what they will learn and signals that the video is unedited or lacks a specific point.
- **The Fix:** Jump straight into the value or the result. Use the first 2 seconds to state the problem you are solving.

### **2. Your first 3 seconds are why you're not going viral.**

- **The Reason:** Retention is the primary metric for most algorithms. If users drop off immediately, the platform stops showing the video.
- **The Fix:** Use a visual "pattern interrupt" (a text overlay, a change in camera angle, or a physical movement) to reset the viewer's attention.

### **3. You're losing followers because your hooks are boring.**

- **The Reason:** If your content is educational but your intro is dry, people assume the rest of the video will be a chore to watch.
- **The Fix:** Use high-energy or high-curiosity language to make the information feel urgent or "exclusive."

### **4. Stop posting AI videos until you fix this one thing.**

- **The "One Thing": The "Uncanny Valley" / Lack of Human Connection.** \* **The Explanation:** Many people post raw, robotic AI content that feels "soulless." The "one thing" to fix is **adding a human element**—whether that's your own voiceover, a personalized intro, or editing the AI script to sound like a real person rather than a manual.

### **5. Most people fail at short-form video before they even start.**

- **The Reason:** Lack of planning. People hit "record" without knowing what the specific "call to action" or "takeaway" is.
- **The Fix:** Script your hook and your conclusion *before* you film the middle of the video.

## 6. Is your hook actually a "skip" button?

- **The Reason:** A "skip button" hook is anything that feels like an ad or a generic greeting.
- **The Fix:** Audit your videos. If the first thing a viewer sees is a logo or a slow intro animation, they will treat it like a commercial and skip.

## 7. Don't post another Reel until you read this.

- **The Reason:** This creates a "forced stop." It implies there is new information or a change in the algorithm that the viewer is currently unaware of.
- **The Fix:** Follow this up with a specific, recent update or a "secret" hack that makes their current strategy feel outdated.

## 8. The biggest mistake you're making with AI content.

- **The Reason:** Relying 100% on the AI's first output.
- **The Fix:** Use AI as a "Co-Pilot," not the "Pilot."

## 9. Why your "perfect" video got zero views.

- **The Reason:** Over-production. Sometimes, a video that looks "too perfect" feels like an expensive advertisement, which users are trained to ignore.
- **The Fix:** Experiment with "lo-fi" content—raw, "behind-the-scenes" style footage often feels more authentic and trustworthy.

## 10. Quit trying to go viral with 2023 strategies.

- **The Reason:** Platforms like Instagram and TikTok change their priorities constantly (shifting from "trending audio" to "original SEO-rich captions").
- **The Fix:** Focus on searchability (SEO) and long-term value rather than just chasing a 24-hour trend.

## **The "Curiosity Gap" (The "What Is It?" Factor)**

11. *I found the secret to a 70% retention rate.*
12. *This one sentence changed my engagement forever.*
13. *The "3-Second Rule" you've never heard of.*
14. *What if I told you your script isn't the problem?*
15. *This is the exact framework the top 1% of creators use.*
16. *The "Invisible Thread" that keeps people watching.*
17. *I tested 100 hooks, and only 5 actually worked.*
18. *The weird reason people are scrolling past your videos.*
19. *How to get people to watch until the very end.*
20. *Steal my "Scroll-Slayer" formula.*

## **The "Authority & Results" (Proof-Based)**

21. *How I got 10k views with a 5-word sentence.*
22. *The exact hooks that sold out my masterclass.*
23. *I analyzed 50 viral AI videos, and they all do this.*
24. *From 0 to 1,000 views in 24 hours—here's how.*
25. *This hook generated 50 leads in one night.*
26. *Stop guessing. Start using proven data.*
27. *The high-conversion framework for busy entrepreneurs.*
28. *My private library of "Scroll-Stopppers" is finally open.*
29. *How to make your AI videos look (and sound) human.*
30. *The shortcut to high engagement you've been looking for.*

## **The "Efficiency & Ease" (The "Do It For Me" Factor)**

31. *Stop staring at a blank screen.*
32. *50 hooks you can copy and paste today.*
33. *I did the hard work so you don't have to.*
34. *Your content calendar just got a lot easier.*

35. *The 5-minute fix for your low engagement.*
36. *Never run out of video ideas again.*
37. *Create 30 days of content in 30 minutes.*
38. *The "Plug and Play" system for AI Marketing.*
39. *Want better results with less effort? Read this.*
40. *My "emergency" list of hooks for when you're stuck.*

### ***The "Direct Call to Action" (High Urgency)***

41. *Do you want more views or more excuses?*
42. *If you want to grow in 2026, you need this.*
43. *Unlock the vault of viral hooks.*
44. *Stop scrolling and start creating.*
45. *Transform your AI marketing in 60 seconds.*
46. *Your business deserves to be seen.*
47. *Claim your "50 Hooks" guide before the price goes up.*
48. *The missing piece of your marketing strategy.*
49. *Give me 3 seconds, and I'll give you a viral video.*
50. *Ready to finally "Hook 'em"?*

*I hope you get to use all 50 suggestions to help with your HOOKS!*

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