

## Defusion Activity

Below is a script of a defusion exercise. Use this in one of your sessions with young people (you will need paper and coloured pens)

1. Sometimes we have lots of worries which float around and tell us lots of worrying thoughts. These thoughts can impact on our feelings. It's important to realise that everyone has these type of thoughts.
2. They hang around us telling us all the problems and things which can go wrong/things that are not fair.
3. What kind of worries do you have? (Support the young person to identify thoughts which precede/are associated with distress).
4. Name these worries with the young person e.g. It seems you have a "I might get hurt" worry. It seems you have a "I'm bad" worry. It seems you have a "Not fair" worry.
5. These thoughts can often take charge and tell us what to do. They may tell us things like stay away from....make us yell tell us to hide...tell us to be quiet. Support the young person to identify any unhelpful behaviours they may use when they are distressed.
6. They can be really loud – and so we try to make them go away by doing what they tell us. But here's an important thing to know, when we take a close look at our worry, they are not as big and powerful as they seem. They are just annoying little things which can't actually hurt us. They are just like little buzzy mosquitos/flies/little loud toddlers. We don't have to do what they say after all! And here is another thing to know about our worry, they are not real, they are just things WE made in our brain. And because we made them we can play around with them! Let's have a play. Let's draw your "I am dumb" (insert young persons worry here) worry- what do they look like? .Now can you draw it with a silly hat on? How about with multi-colour socks? Let's imagine it with a silly voice. What would that voice sound like? Can you say..... in that voice? Now you can see your worries are not big or powerful. You can be the boss of them. We can't get rid of them, but that's okay, they can come along with us while we still do the stuff that is important to us.