

Defusion Activities (Adapted from Therapist Aid)

When our radios are stuck on one station, we need to find a way of shifting our attention from this. Cognitive defusion is the process where we shift from thinking about our thoughts to thinking about the process of thinking. When we do this, we stop the thoughts taking control and they have less of an effect on us.

Defusion is really useful when:

- Your thoughts make you feel anxious or worried
- You become fixated in your thoughts and can't think about another perspective
- When you become so lost in your thoughts you are not living in the moment

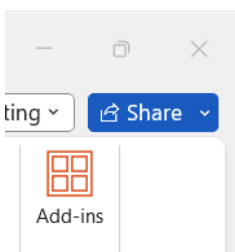
Ways to practice defusion



Tik Tok reels Imagine you have made a series of tik tok reels in your mind. Each time a thought occurs it is just like a tik tok reel, swipe up and make it disappear. Just like the tik tok reels your thoughts come and go too.



Storing them in the cloud. Imagine you have a huge online filing system just like the cloud. At any point you can store the thoughts away in different files. What files will you have (guilt, regret, worry) bring attention to your thoughts and note what files will you put them in?



Closing down the programme. When one of your thoughts pops out of the cloud and onto your desktop, imagine closing them down by using the 'X' button



When you notice yourself having a thought use the phrase "I'm having the thought that..." this allows you to distance yourself from the thought



Make it comical. When you have a thought write it down and imagine your favourite stand-up comedian reading it, read it out 10 times in their voice. Notice how it doesn't feel as serious anymore!