

## DEFUSION

# Defusion Exercise

Find a place where you can sit quietly and undisturbed for a few moments. Simple take a moment and pay attention to your breath. When thoughts come up, which they will, simple note them then continue paying attention to your breath.

After 5 minutes of practicing this, bring to mind a thought which kept coming up and caused a certain amount of concern. Saying this out loud, pay attention to the sensations that doing this brings up for you. (tightness in chest, ball in stomach, etc.)

Now write the thought out here:

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Next, simple say the following out loud and follow this up with the sentence you wrote above.

**“ I am Thinking ....”** add your sentence here.

*An example being “I am thinking I am alone” when the first statement was “I am alone”*

Pay attention to where you feel this statement when said out loud in your body. Say it as many times as you need to in order to notice what the initial sensation does.

Note any changes here: \_\_\_\_\_

Finally, add **“I am Noticing..... “** to the last two statements. An example would be “I am noticing that I am thinking that I am alone”

Again, pay attention to where you feel this statement when said out loud in your body. Say it as many times as you need to in order to notice what the initial sensation does.

Note any changes here: \_\_\_\_\_

You can use this anytime you are dealing with a persistent though which will not go away and that is causing emotional distress. This will not make the thought go away, but will help give you some distance from it. From there. Move towards something that matters.

