

Summary of Defusion Strategies

I am having the thought that: For example, *I am having the thought that I'm making a fool of myself.*

Name what the mind is doing: Name the type of anxious thinking (fortune-telling, mind reading, "shoulding," postmortem, spotlight effect, storytelling, and more basic types, such as worrying and judging).

Give real names to your thoughts: For example, *Mind-Reading Randy.*

Ditch the meanings of your thoughts: Use repetition or other voices, sing them, see them, etc.

Thank the mind: For example, *Thanks for the memory.*

Defuse with Dr. Phil: *How's that thought working for you?*

Observe your thoughts: Use the waterfall metaphor, leaves on a stream, clouds in the sky, or the observer perspective images from session 2: mountain, lake & train track.

Get off your butts: For example, replace *I'd like to go to the party but I'm afraid I'll be anxious* with *I'd like to go to the party and I'm afraid I'll be anxious.*

Replace "I" with "you" or "your name": For example, replace *I am worried I'll have nothing to say* with *You are worried you'll have nothing to say*, or *Susan is worried she'll have nothing to say*. (See attached article from thestar.com)

Awareness of thinking: Listen to the audio download (6.2), or sit silently with your thoughts.

Create your own defusion strategy: _____
