

SESSION 3: Defusion Strategies

A Beautiful Mind	See if you can picture your negative chatter as different people that follow you everywhere, you see and acknowledge they are there AND need to not talk to, be friends with, or fight against
Pop-Up Mind	Imagine that your thoughts, feelings, and bodily sensations are like Internet pop-up ads that just keep popping up when you least want them to, and which you can simply let pop.
Passengers on a Bus	Imagine that your difficult thoughts and experiences are passengers on your bus, folks that may be scary, but who need not leave the bus to move.
Gollum Mind	Imagine that your mind is like Gollum and tries to trick you sometimes just as Gollum did with Frodo by saying he could not trust his friends or who craves something that is not good for you.
Thoughts are not Causes	Ask yourself “could I still have this uncomfortable thought, feeling, or memory and still do (insert value based goal here)?”
Waves in the Ocean	This is good for impulses and urges. When experiencing the urge (to avoid for example), picture it as a wave coming into the shore, building gradually, peaking, and then subsiding. Be the sand that receives it without having to do anything but just notice it coming and going
Think One Thing, Do Another	Try to say or think that you can’t do something while doing it. “I really can’t go to the gym today” while lacing up your shoes, opening the car door (“I really can’t”), getting in (“Maybe tomorrow”), and getting to the gym (“I’m way too busy to go to the gym”) and then exercising

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The Television Screen	Bring an unpleasant image to mind. Now imagine there is a TV screen across the room from you, place your image on the screen. Play around with the image, flip it upside down, turn it on its side. If it's more like a movie, play it in slow motion or reverse it at double speed. Make the image black and white, or really vivid colors. Make the image seem like a harmless scary movie that you can watch and then walk away from.
Get of Your Buts	Replace the word "but" with "and." For example, rather than saying "I want to do that but I'm anxious" say, "I want to do that AND I'm anxious."
The Mind	Treat "the mind" as an external event, almost as a separate person. (e.g., "well there goes my mind again" or "my mind is worrying again.")
I'm having the thought that	Separate from your thoughts by changing your language a bit. First say, "I'm having the thought that X." Then say, "I'm noticing that I am having the thought that X."
"Buying thoughts"	Use language to acknowledge the difference between thoughts that just occur and thoughts that are believed. For example, "right now I'm buying the thought that I am bad."
Who is in charge here?	Treat thoughts as bullies; use colorful language. Who's life is this anyways? The mind's or yours?
How old is this?	When you are buying a thought, back up for moment and ask yourself, "how old is this thought?"
And what is this in the service of?	When you are buying a thought, back up for a moment and ask yourself, "what is buying this thought in the service of?" If it is not in the service of your interests, stop buying the thought.
Okay you are right, now what?	If you are fighting to be "right," even if it doesn't help move your forward, assume a judge has confirmed that you are indeed right. Now ask yourself, "so what?" What can I actually do to create a more valued life from here?

SESSION 3: Defusion Strategies Continued

Which would you rather be?	If you are fighting to be “right,” even if it doesn’t help move you forward, ask yourself, “Which would I rather be? Right or alive and vital?”
And how has that worked for me?	When you are buying a thought, back up for a moment and ask yourself, “How has that worked for me?” and if it hasn’t worked ask, “which should I be guided by, my mind or my experience?”
Say it slowly	Take the thought you are having and say it very slowly. Next, try speeding it up like you are rewinding a tape recording.
Find something that can’t be evaluated	If you find yourself entangled in negative evaluations, look around the room and notice that every single thing can be evaluated negatively if you choose to. So why would you be any different? This is just what the mind has evolved to do!
Carry Cards	Write difficult thoughts on notecards and carry them with you. Use this practice as a metaphor for the ability to carry your history without losing your ability to control your life.
Carry Keys	Assign difficult thoughts and experiences to each of your keys. Then think the thought each time you handle your keys. Keep on carrying the keys and your thoughts.
Silly Voices	Imagine a cartoon character (shrek, mickey mouse, Homer Simpson) and say the thought in their voice
Musical Thoughts	Put your thought to a musical tune (e.g. Jingle Bells or Happy Birthday.”)
Name your stories	If you tend to think a thought repeatedly, give it name. For example “Oh here’s that old I’m a failure story again. I love telling that story.”