



Defusion Tips

Downloadable e-booklet

[www.kristinachallands.com.au/
downloads](http://www.kristinachallands.com.au/downloads)





Defusion Tips

*“What we need to learn to do is to look at thought,
rather than from thought.”*

— Steven C. Hayes, *Get Out of Your Mind and Into Your Life: The New
Acceptance and Commitment Therapy*

Many of us live with a stream of internal criticisms and commands on a constant replay in our minds.

Acceptance Commitment Therapy looks at increasing our psychological flexibility so we can live with whatever unpleasant thoughts/ feelings/ emotions we have, without letting them ruin or define our lives. Instead of trying to distract, soothe or problem solve away from the negative thoughts or emotions, 'defusion' can help you unhook from your thoughts and reduce the power of those thoughts.

You can learn how to notice the act of thinking by observing your thoughts instead of becoming engtangled in them - instead of fusing with the thoughts, you can 'defuse' from them.

The following pages of Defusion Tips are short, easy to remember exercises to help you disentangle yourself from unwanted thoughts.

Print or capture the images that mean the most to you and add reminders for the situations that bother you most. Sometimes it's helpful to use these reminders as wallpaper on your phone, to hang on the fridge or somewhere specific to remind you to defuse from unhelpful thoughts.

Defusion for me is.....

.....

Key points to remember for me are.....

.....



Defusion Tip

Whatever the weather or whatever happens on the surface of the mountain and even within it - the mountain stands firm, mostly unaffected.

Strong, grounded, permanent.

We can be like that mountain, observing thoughts, feelings and sensations, and yet know inner stillness.



I will try using this when

.....



Defusion Tip

Pretend you're a bus driver -
Whilst all passengers (thoughts) are
chattering, being critical or shouting out
directions, you keep your attention
focussed on the road ahead.



I will try using this when

.....



Defusion Tip



Your thoughts are items floating down the river - perhaps leaves or bits of murky debris.

Instead of struggling to stay afloat among them, stand on the bank watching them pass by.

I will try using this when

.....



Defusion Tip

Your thoughts are like a beach ball; no matter how hard you try to hold it underwater, it will always pop back up.

Allow the ball (your thoughts) to float around you, not intruding, just letting be.



I will try using this when

.....



Defusion Tip

When we learn to notice thoughts and feelings coming, instead of jumping on that thought train, we can stand on the platform, let it pass, and wait for the right train that will take us to where we want to go.



I will try using this when

.....



Defusion Tip

When we get anxious driving through a tunnel, the best option is to keep going to the other end rather than stop or look for an exit in the tunnel.

This feeling will pass -
there is an end to this tunnel.



I will try using this when

.....



Defusion Tip

When your mind is pushing you around like a bully, can you stand up to the bully and protect yourself?

What would you say to a bully?



I will try using this when

.....



Defusion Tip

Can you think of your mind as an orchard
and your thoughts as fruit trees?

You harvest the nice ripe fruit to eat,
while lobbing the spoiled thoughts as far
away as you can.



I will try using this when

.....



Defusion Tip

When your mind won't let go of a negative thought, try singing it as a Christmas jingle.

Does it take away the sting?
Does the thought just become words?



I will try using this when

.....



Defusion Tip

When an uncomfortable thought comes into your mind, can you imagine you are cleaning the house, picking up all those thoughts.

Do you need this thought?

Can you put it away?



I will try using this when

.....



Defusion Tip

When your mind won't let go of a negative thought, can you imagine your favourite football team is playing against those negative thoughts.

Does the thought become less hurtful?



I will try using this when

.....



Defusion Tip

When your mind is warning you of all
the things that can go wrong,
can you say :

“Thanks mind, I’ve got this covered”

and then get on with what’s important
to you.



I will try using this when

.....



Defusion Tip

When a difficult thought pops into your mind, can you let it go as if you are dropping a leaf onto a stream?

And if the thought comes back, simply drop it onto the stream again and watch it float away.



I will try using this when

.....



Defusion Tip

Put some distance between you and your thought. If you're having the thought that "I'm a loser" add the words "I notice I'm having the thought that...I'm a loser."

Is it easier to unhook when you're the observer?



I will try using this when

.....



Defusion Tip

When a thought repeatedly comes into your mind, "naming the story" can help distance you from the words.



Here's my 'money' story again



Here's my 'loser' story again



Here's my 'fat' story again

I will try using this when

.....



Defusion Tip

If you follow this thought, will it lead you towards the life you are striving for and the person you want to be?"



I will try using this when

.....



Defusion Tip

When a difficult thought gets caught up in your mind, try singing it to the tune of Happy Birthday.

Focusing on the words and music can help you realise that it's 'just words' and you don't have to follow the thought.



I will try using this when

.....



Defusion Tip



When an uncomfortable thought drifts into your mind, can you let it drift right back out like a cloud drifting across the sky?

And if it drifts back in, let it drift away again.

I will try using this when

.....



Defusion Tip

When a difficult thought gets caught up in your mind try saying it very slowly, then even slower, then slower still, like an old recording getting stuck in a machine.

Can those words keep you hooked up when they're sounding so weird?



I will try using this when

.....



Defusion Tip

When a difficult thought comes into your mind can you challenge your mind?:

Where will this thought take me, Mind?
How helpful will this thought be to living a meaningful life?



I will try using this when

.....



Defusion Tip

Defusion techniques aim to help us 'unhook' from unhelpful verbal rules.

What happens when you say the thought in the voice of someone you distrust? e.g. Darth Vader

How seriously can you take that thought?



I will try using this when

.....



Defusion Tip

Defusion strategies 'break the rules' of language to stop the assumption of "Truth".

What happens when you say a difficult thought in a chipmunk voice or talking like Dr Seuss?

Does that make it easier to recognise they're just words?



I will try using this when

.....



Defusion Tip

When a difficult thought drops into your mind, can you let it go again like a car passing you by?

And when the thought comes back, let it zip past again.



I will try using this when

.....



Defusion Tip

What happens when you write your difficult thoughts on post it notes and spread them across the wall?

Do they lose some of their power?



I will try using this when

.....



Defusion Tip

When your mind churns out a difficult thought,
can you notice who is thinking that thought?

Look at the thought from the perspective of
your observing self.



I will try using this when

.....



Defusion Tip



Think of the myriad of thoughts passing through your mind as dishes on a sushi train.

You don't have to pick up every dish, you can choose which dish or thought is workable for your life.

- *metaphor by Reyelle McKeever*

I will try using this when

.....



Defusion Tip

When your mind is trying to keep you safe by reminding you of all the stupid things you've ever done, can you show some self-compassion to yourself for being human?

Put your hand on your heart, forgive yourself and send some love your way.



I will try using this when

.....



Defusion Tip

When a difficult thought gets caught up in your mind try repeating it quickly over and over:

"I'm a loser... I'm a loser... I'm a loser...etc.

Has it lost its power now? They're just words!



I will try using this when

.....



Defusion Tip

When a difficult thought gets caught up in your mind try asking yourself:

"How old is that story?

How long have I been reading that script?

Do I want to keep reading that same story for the rest of my life?"



I will try using this when

.....



Defusion Tip

Think of yourself as the DJ of your mind.

What thoughts and songs are you going to
focus on and play?

What experience do you want to create?



I will try using this when

.....



Defusion Tip

When a difficult thought comes into your mind,
can you picture yourself rummaging through
your wardrobe choosing clothes.

Hold up the thought; do you want to wear this?
What else in the closet can you try on?



I will try using this when

.....



Defusion Tip

Imagine your mind is taking an enormous breath in.

Keep breathing all the way in to collect the negative thoughts and then in one big 'whoosh' of breath out, can you see those thoughts flying out of your mind?



I will try using this when

.....



Defusion Tip

You are the sky.

Everything else is just the weather.

- Pema Chodron



I will try using this when

.....



Defusion Tip

Have you ever read those books / watched the movies where you can choose the path you take? Your thoughts are like this - you don't have to follow every thought path.

If your mind shows you a negative or uncomfortable thought, can you say "no thanks mind, I am going to take a different path today"



I will try using this when

.....