

### **Defusion Exercise**

**Purpose:** See thoughts as what they are, not as what they say they are. Use the language of observation (e.g., noticing) when talking about thoughts to create distance, perspective and control.

**Method:** Expand attention to thinking and experiencing as an ongoing behavioral process, not a causal, ontological result

**When to use:** When private events (thoughts) are functioning as barriers due to FEAR (fusion, evaluation, avoidance, reasons)

1. Pick a negative self-thought that you are having as a result of your work.  
(Example- I cannot do this job anymore)
2. Marinate in this thought for 7-10 seconds. (Repeat it several times and even amplify it if you want). (Example, I cannot do this job anymore. I cannot do this job anymore. If I keep doing this job my life will be ruined)
3. Notice you are having this thought and say “I notice that I am having the thought that\_\_\_\_\_ (example “I cannot do this job anymore”)
4. Now add, I am aware that I am noticing that I am having the thought that\_\_\_\_\_(I cannot do this job anymore).