

14. Thought defusion

Thoughts are just words

🕒 Duration: 15 minutes 📅 Frequency: 1x/day ⚙️ Difficulty: hard

★★★★ Evidence Quality

What is it?

- Your thoughts can have a big impact on your emotions, both positively and negatively.
- Thought defusion means that thoughts are merely words or sounds, stories or language; whether they are true or not, you don't automatically have to believe them; whether they are important or not, only pay attention if they are helpful.

What can I use it for?

- Thought defusion can help you deal with unhelpful thoughts and negative emotions.
- Thought defusion helps you to be aware of your thinking processes in order to reflect and problem solve effectively before taking action.

How to do it?

1. We have lined up a thought defusion technique for you on the next page.
2. You will identify a specific time or moment when you know thoughts may be unhelpful.
3. You will use an external voice to look at the thoughts (you will place the thought in third person)
4. You will practise how to use the external voice.
5. You will identify when you expect to need to use the external voice.
6. Write an implementation intention to help set a plan for when to use the techniques.

Anything to consider before I start?

- Learning this technique may take a bit of practice
- There are many different techniques, the 'external voice' is just one example how to do it. Scan the page below to find more techniques



WELLBEING

RESILIENCE

HEALTH

MOOD

ANXIETY

STRESS



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Write down below, whether over the past week, were there any moments where you:

- Felt really stressed and noticed that you were worrying about what to do?
- Had negative emotions as a result of professional or personal challenges?
- Dealt with unhelpful thoughts?

Do you think these thoughts and the resulting emotions will happen again in the future and would you wish to change their impact on you? When do you think this will be the case? Try and be specific.

What were the exact thoughts that you were thinking about. Write one or two examples below.

Now practise taking distance from the thought by placing it in third person. Rather than saying for example "I am going to fail", say "I am having the thought that I'm going to fail" in order to create some space between you and the thought. Write this down in the box below

Why would you want to practise implementing thought defusion? Can you think of a motivator or value for why you want to reduce the impact of thoughts on you?

Practise this in your head for five times. Now think of the next time when you will be faced with these thoughts. What will you do next time? Write it in an if/then statement (an implementation intention)

TINY HABIT STATEMENT

When will I practice it?

How will I celebrate?

Tiny Habit statement: