

PRACTICE GUIDE

Thought Defusion

Create distance from unhelpful thoughts

"We take captive every thought to make it obedient to Christ." -- 2 Corinthians 10:5

Acceptance and Commitment Therapy (ACT) teaches that we don't need to fight our thoughts -- we need to unhook from them. Defusion creates space between you and a thought so it loses its grip.

THE PRACTICE

- 1 Notice the thought**
Catch it in the act. e.g. "I'm a failure."
- 2 Add the prefix**
"I notice I'm having the thought that I'm a failure."
- 3 Observe the shift**
The thought is still there, but you're no longer inside it.
- 4 Optional: thank your mind**
"Thanks, mind, for trying to protect me." This disarms the thought further.

TIP

You can also try singing the thought to 'Happy Birthday' or saying it in a cartoon voice. It sounds silly -- and that's the point.