



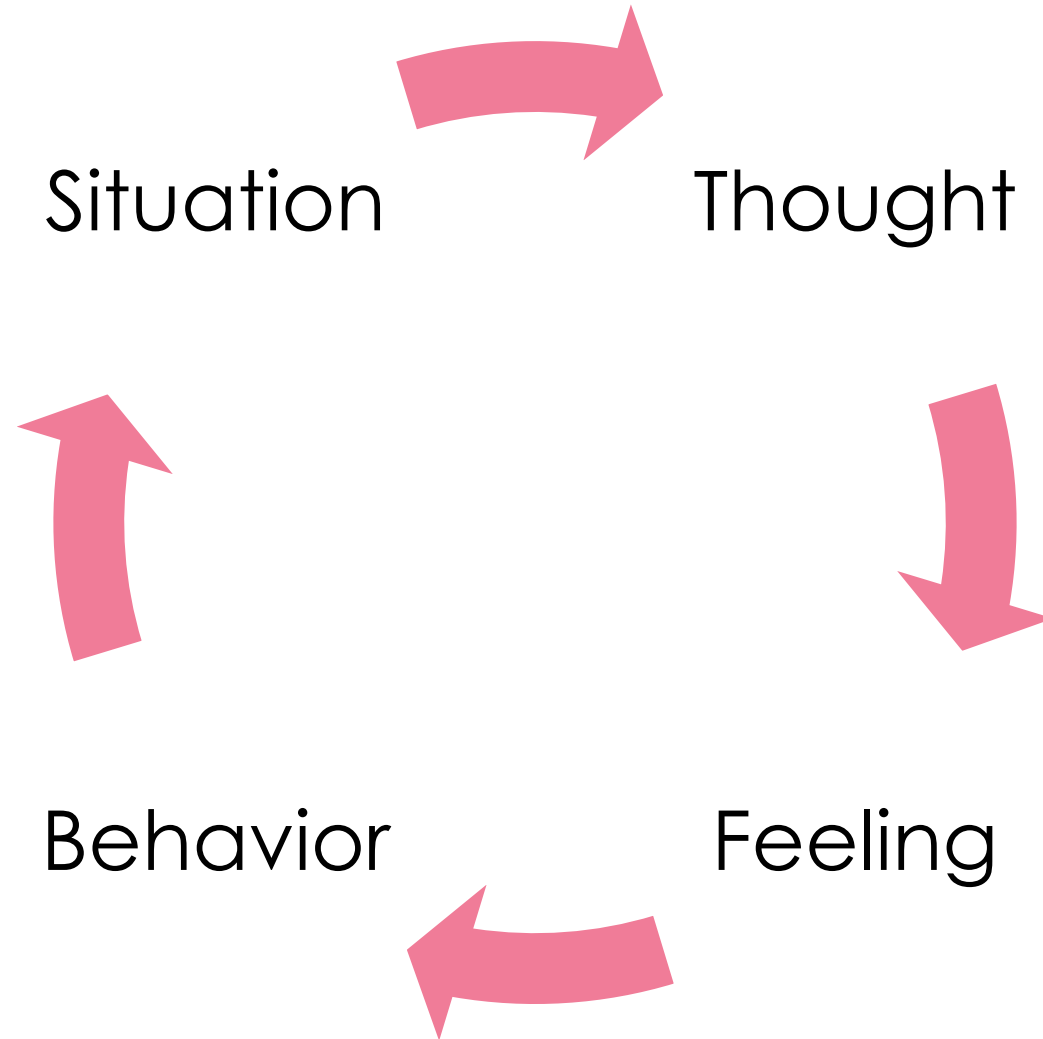
# *Unhooking from your thoughts*

DEFUSION IN ACCEPTANCE & COMMITMENT THERAPY

# *Thoughts*

- An idea or opinion produced by thinking or occurring suddenly in the mind.
- We can control (shape) our thoughts and our behaviors, but not our feelings.

- The way we look at things effects how you feel.
- What happens when we get “caught up” in our thoughts?
- This is called FUSION with our thoughts.



*When we  
are  
**FUSED**  
with our  
thoughts...*

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Thoughts seem they are reality: as if what we are thinking is *actually* happening

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Thoughts appear to be the *truth*: we totally believe them.

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Thoughts are important: we treat them with our *full* attention.

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Thoughts are *orders*: we *automatically* obey them.

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Thoughts are threats: we let them *frighten* us or *disturb* us.



***De-fusing  
from our  
thoughts***

- Not designed to help you get RID of your depressive thoughts and feelings.
- Trying to get RID of your thoughts and feelings is not always effective on its own.
- ***“What you resist, persists”***

# ***Defusion takes Dedication***

- Practice: Try this whenever you can remember to
- Awareness: To realize you are fused (caught-up) with a thought or emotion
- Mindful Practice: To increase your awareness so you can remember a thought is just a thought
- Time: To build up this new skill into a new way of being!