



Cognitive defusion exercise



What thoughts and feelings are you struggling with? Practice stepping away from them using these techniques. Notice how you feel after them. The purpose of these exercises is to see thoughts for *what* they are (thoughts), not as what they *say* they are.



Thank your mind for the thought, appreciate it and move on



Sing your difficult thoughts



Say your difficult thought in a funny voice or say them very, very slowly



Treat your scary private event/thought as a monster on a bus you are driving



Picture the thought as a bus and watch it drive around the corner

Ask yourself afterwards, were you able to see your thought as just that a thought? Keep practicing, a little each day, until the answer is yes.