

Module 2: Stepping Back from Your Thoughts (Cognitive Defusion)

Now that you have started practicing being present, you've probably noticed how busy and negative the mind can be. In this module, we focus on **thoughts** – especially those unhelpful, critical, or anxious thoughts that often accompany depression and anxiety. Our goal is to change how you relate to these thoughts, so they don't push you around as much.

When Thoughts Take Over

Have you ever been *absolutely convinced* of something in the moment – only to realize later that your mind had misled you? For example, during a bout of anxiety, you might think, “*I’m going to embarrass myself at this meeting, it will be a disaster.*” In the moment, that thought feels like the truth. Later on, perhaps the meeting went fine, and you see that the mind’s prediction was exaggerated or false. Or if you’re feeling depressed, a thought like “*I’m useless; nothing will ever get better*” can feel overwhelmingly real. We often **fuse** with our thoughts, meaning we get entangled in them and treat them as literal facts or commands we must obey.

When we are fused with thoughts: - **Thoughts seem to be reality.** We forget that thoughts are just words or ideas our mind is generating. Instead, we treat them as accurate descriptions of the world or ourselves (e.g., “I had the thought that I’m a failure” turns into “I *am* a failure”). - **Thoughts control our actions.** If the thought “*Why bother? It’s hopeless*” shows up, we might actually stop trying – not because the situation truly is hopeless, but because we believed that thought completely. If the thought “*I’m too anxious to go out*” appears, we might cancel our plans, giving the thought the final say. - **Thoughts magnify emotions.** Dwelling on scary or upsetting thoughts (like imagining worst-case scenarios or replaying painful memories) can intensify anxiety or sadness. Our body responds as if those imaginings are really happening.

The mind is a *great storyteller*. It constantly narrates our life with opinions, memories, judgments, and predictions. Some stories are helpful, but many are not – especially the doom-and-gloom or self-criticism that comes with anxiety and depression. What can we do about it? Trying to **stop** or **suppress** thoughts doesn't work well (remember the beach ball effect). If I say “*Don’t think of a pink elephant,*” what pops into your head? Probably a pink elephant! The more we try not to think about something, the more we actually think about it. So instead of struggling to eliminate thoughts, we practice **cognitive defusion**: stepping back and seeing thoughts for what they really are – just *thoughts*, not necessarily truths or threats.

Defusion: Seeing Thoughts as Thoughts

Cognitive defusion (an ACT skill) means *gaining a bit of distance from your thoughts*, so they have less hold over you. Think of it as putting your thoughts on a mental bulletin board and stepping back to observe them, rather than being inside them. When you defuse from a thought, you recognize, *“This is my mind talking. These are words or pictures in my head, not direct realities.”* You can then choose how to respond, rather than reacting automatically as if the thought were true.

For example, if you have the thought *“I’m going to mess up”* before giving a presentation, a fused response is to believe it completely and maybe panic or avoid presenting. A defused response might be, *“I notice I’m having the thought that I will mess up. That’s my mind trying to protect me from embarrassment. I don’t have to believe it; I can still do what matters.”* The thought can be there without controlling you.

Defusion is not about arguing with your mind or trying to replace negative thoughts with positive ones. It’s more like changing your relationship to the thought – seeing it as just a string of words your brain produced. One simple defusion technique is to add the phrase **“I’m having the thought that…”** in front of the upsetting thought. Notice the difference: - *“I’m useless.”* (fused belief) - *“I’m **having the thought** that I’m useless.”* (defused observation)

The second phrase creates a bit of space. It reminds you that this is a thought, not an ultimate truth. You might even extend it: *“I notice I’m having the thought that I’m useless.”* Now you are *noticing* the thought rather than being owned by it. This little trick can take the sting out of negative self-talk.

Our minds can be very convincing. They’ll present thoughts with great authority – but remember, the mind’s job is to generate thoughts, *not all of which are accurate or helpful*. In fact, the mind can be like a worried fortune-teller (predicting disaster) or a harsh judge (criticizing you) without evidence. Through defusion, we teach our brain that we don’t have to buy into everything it says.

Techniques to Unhook from Thoughts

There are many creative exercises to practice cognitive defusion. The key is to *observe* your thoughts rather than getting sucked into them. We will do one core exercise together. Feel free to adapt it or try other methods that accomplish the same goal: seeing thoughts as passing events, not absolute truths.

Exercise: Leaves on a Stream (Watching Your Thoughts)

This classic mindfulness exercise will help you experience defusion. It might feel a little strange at first, but give it a try. It’s most effective if you actually do it rather than just read it. You can do this for a few

minutes to start:

1. **Get comfortable:** Sit in a relaxed position. You can close your eyes if you're comfortable (or keep a soft gaze toward the floor). Take a couple of slow, deep breaths to center yourself.
2. **Imagine a scene:** Picture in your mind a gentle stream flowing through a forest. The water is moving slowly and steadily. Now imagine there are leaves floating on the surface of this stream, drifting by. (If leaves and streams aren't your thing, you can imagine clouds drifting in the sky, or cars driving by on a road – choose any image of things that pass by and disappear.)
3. **Watch your thoughts:** Now, turn your attention to your mind. Each time a thought pops up – whether it's a word, phrase, worry, image, memory, whatever – imagine placing that thought on a leaf. Place it gently on the leaf and watch it float down the stream. For example, you might think *"This is silly"* – put that *"this is silly"* thought on a little leaf and watch it glide away. If you think *"I have so much to do later,"* put that on a leaf too and let it drift.
4. **Continue for a few minutes:** Your thoughts might speed up – you might have a lot of them. Keep placing each one on a leaf (or a cloud, if you prefer the sky visualization) and let it go. Don't try to force thoughts to come or go, just gently handle whatever arises. If you notice that you've gotten tangled in a thought and forgotten about the exercise (this will happen!), simply note *"Oops, I got caught,"* and gently bring your attention back to the stream and continue.
5. **No judgments or exceptions:** Put every type of thought on a leaf – whether it's a neutral thought like what to have for dinner, or a negative self-judgment, or a positive thought. Even if the same thought keeps coming back (e.g., *"I'm not doing this right"*), keep putting each occurrence on a new leaf over and over. The idea is to practice viewing all thoughts the same way: as transient mental events.
6. **Finish up:** After a few minutes (or whenever you feel ready), imagine the stream slowly fading away. Bring your attention back to the room. Wiggle your fingers and toes, and open your eyes if they were closed.

Take a moment to reflect on this exercise. You just practiced watching your thoughts come and go, **without getting hooked into them**. You might have noticed that some thoughts are repetitive, some are random, and none of them stay permanently. Thoughts are a lot like those leaves – they appear, float by, and disappear downstream if we let them. Sometimes during this exercise people feel a bit more calm or find that a thought that felt very urgent at first starts to lose its intensity after placing it on a leaf a few times. Other times, you might still feel anxious during the exercise, and that's okay. The goal here is not to eliminate thoughts or feelings, but to change how you handle them.

Important: Defusion doesn't make thoughts vanish (wouldn't that be nice!). Rather, it changes your *relationship* with the thought. After the exercise, you may still have the anxious or negative thoughts, but you might feel a little more *separated* from them – like, *"That's just a thought, not an objective fact I must react to."* With practice, this perspective can become more natural in daily life. The next time an upsetting thought shows up, you can remember the leaves on the stream and try mentally putting the

thought on a leaf and letting it go on its way.

Other Quick Defusion Techniques

You can't always close your eyes and imagine a stream in the middle of daily activities. Luckily, there are many quick defusion tricks you can use on the fly. Here are a few options – try them out and see which ones resonate with you:

- **Name the Story:** Our minds often replay the same tapes (like “I’m not good enough” or “Something bad will happen”). Give those frequent thought patterns a name, like “*the Not-Good-Enough story*” or “*the Catastrophe script*.” Then when it shows up, you can say to yourself, “*Ah, I know this story. My mind is playing the Not-Good-Enough story right now.*” This little naming trick can help you recognize it as a script your mind is running, not ultimate truth.
- **Silly Voice Technique:** Take a distressing thought and repeat it in an unusual way – say it out loud in a cartoon character’s voice, or imagine it being announced by a funny narrator (like in a goofy accent). For example, in a high-pitched Mickey Mouse voice: “*I’m going to fail my exam!*” It’s hard to take a thought 100% seriously when you hear it in a ridiculous tone. The content doesn’t change, but your perception of it does. It’s a reminder that the thought is just a collection of words, which you can choose to experience differently.
- **Thank Your Mind:** When your mind throws a worry or criticism at you, try responding with “*Thank you, mind. I see what you’re trying to do.*” This might sound odd, but it can be powerful. Your mind often generates worries or self-criticisms as an attempt to protect you (though it might be misguided). By thanking your mind, you acknowledge the thought without obeying it. “*Thank you, mind, for warning me that I might say something stupid in this meeting. I hear you, but I’m still going to participate.*” This approach is respectful to your mind’s intentions yet keeps you in the driver’s seat.

These techniques all serve the same purpose: **to remind you that you *have* thoughts, but you are *not* your thoughts.** Thoughts are like background chatter – you can learn to listen or not listen at your discretion. Defusion gives you the freedom to choose which thoughts to give energy to and which to simply let pass.

Moving Forward with Your Thoughts

In the coming days, practice defusion whenever you notice an unpleasant or sticky thought stressing you out. You have a few tools now: you might mentally say, “*I’m having the thought that...*” to defuse, or quickly use one of the above techniques (naming the story, funny voice, thanking your mind). Consider also setting aside a few minutes to redo the **Leaves on a Stream** exercise daily or a few times this week to build the skill – you can do it during a quiet moment, like after waking up or before sleeping.

Remember that defusion is a skill that gets easier with practice. At first, you might still feel very fused with certain thoughts, especially ones that have been around for a long time (like core beliefs about not being good enough). Don't worry – you are learning to loosen their grip bit by bit. Even a few seconds of recognizing “*hey, that’s just my mind talking!*” is progress.

Key Takeaways from Module 2

- **Thoughts are not facts:** Just because you think something doesn't make it true. Our minds come up with all sorts of thoughts (some helpful, some bogus). In anxiety and depression, many thoughts are overly negative or catastrophic. You can acknowledge those thoughts without accepting them as reality.
- **Cognitive defusion = stepping back:** It's the skill of observing thoughts rather than getting entangled in them. By defusing, you give yourself a choice in how to respond to a thought, instead of automatically reacting.
- **Techniques help weaken the spell of thoughts:** Whether it's imagining thoughts as leaves on a stream, naming your mind's “story,” using a silly voice, or another method, these exercises train you to see thoughts as just thoughts. This can lessen their emotional impact.
- **You're in control of your actions, not every thought:** We can't always control what thought pops up, but we can control what we **do**. Defusion helps you not let negative thoughts boss you around. You can have the thought “*I can't do this*” and still gently carry on with what you were doing.
- **Keep practicing:** The next time an anxious or downing thought shows up, try one of the defusion techniques. See if it feels different from your usual way of reacting. Over time, your mind's chatter will still be there, but it won't hook you as easily as before.

By changing your relationship with your thoughts, you're already increasing your psychological flexibility – the ability to bend without breaking under mental stress. In Module 3, we'll switch focus to another big part of our inner experience: our feelings. You'll learn how to handle painful emotions in a healthier, more compassionate way. Great job on completing Module 2!