

<b>A Activating Event</b>	<b>B Believable Thoughts</b>	<b>C Consequences</b>	
<p>What, where, when, who with. Outside event or internal trigger, real or imagined. What was it that I reacted to? What disturbed me? What pressed my buttons?</p>	<p>What went through my mind at that time. What meaning did I give that situation? What was the worst thing about that? What did I think or imagine? <i>(Write down all thoughts)</i></p>	<p><b>Consequences of Believing the Thought</b> Pick the most disturbing thought from column B . How do I react when I believe this thought?</p> <p><b>Balanced alternative thought-</b> optional</p>	<p><b>Consequences of Not Believing the Thought</b> How am I likely to react (behave and feel) if I do not believe the thought?</p>
<b>D De-fuse</b>		<b>Examples of Defusion Exercises</b>	
<p>Defusion involves seeing thoughts and feelings for what they are (streams of words, passing sensations), not what they say they are (dangers or facts). What defusion technique could I use?</p>		<ul style="list-style-type: none"> <li>• Notice unhelpful thoughts. Say them slowly. Write them down. Say them in funny voices.</li> <li>• Label unhelpful thoughts and emotions, e.g. an judgement, a prediction, a feeling, a sensation, a memory etc</li> <li>• Practice mindfulness so that you can better notice when you are in the present moment versus when you are stuck in your head in the past or future.</li> <li>• Use metaphors to help get a different view of your thoughts, feelings, and self evaluations <ul style="list-style-type: none"> <li>○ E.g. Passengers on the Bus, The Beach Ball, The River, The Thought Train, Radio Doom &amp; Gloom, Mind Monsters, Quicksand, Storyteller</li> </ul> </li> <li>• STOP, STEP BACK. OBSERVE (what you are feeling and thinking; how the other person is acting).</li> </ul>	