

A Activating Event	B Believable Thoughts	C Consequences	
<p>What, where, when, who with. Outside event or internal trigger, real or imagined.</p>	<p>What went through your mind at that time.</p>	<p>Consequences of Believing the Thought Pick a thought from column B. How do you react when you believe this thought?</p> <p>Balanced alternative thought- optional</p>	<p>Consequences of Not Believing the Thought How are you likely to behave and feel if you do not believe the thought?</p>
D De-fuse		Examples of Defusion Exercises	
<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 you use?</p>		<ul style="list-style-type: none"> • Notice unhelpful thoughts. Say them slowly. Write them down. Say them in funny voices. • Label unhelpful thoughts and emotions, e.g. an judgement, a prediction, a feeling, a sensation, a memory etc • 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. • Use metaphors to help get a different view of your thoughts, feelings, and self evaluations <ul style="list-style-type: none"> ○ E.g. Passengers on the Bus, The Beach Ball, The River, The Thought Train, Radio Doom & Gloom, Mind Monsters, Quicksand, Storyteller • STOP, STEP BACK. OBSERVE (what you are feeling and thinking; how the other person is acting). 	