

2-MINUTE TIP: DEFUSION IN ACT THERAPY

DEFUSION IN ACT

Learning to Unhook from Your Thoughts

- You can't stop your thoughts—but you can stop letting them run your life.
- In Acceptance and Commitment Therapy (ACT), defusion means seeing thoughts as thoughts –not as who we are, not as commands, not as enemies – just sensations, images, and ideas passing through consciousness.
- We often feel fusion with our thoughts as if they define us and we identify with them. Defusion means to look at them as if they were separate from you, noticing thoughts instead of getting caught in them, letting thoughts come and go instead of holding on tightly.

Why Defusion Matters

- When we're fused with thoughts like "I'm a failure", we believe them, feel them, and act on them. They block us from relationships, work, joy, and values-based action. But they are just abstractions from our experience, conclusions we drew from events. That does not make them true.
- Defusion creates distance so we can see our thoughts clearly and choose how much power to give them. We can reduce the believability of unhelpful thoughts, be more mentally flexible, stay present without being hijacked by mental chatter, ask ourselves what is actually true. Defusion helps anyone stuck in anxious, depressive, perfectionistic, or self-critical thoughts. But really, it's for everyone—because we all get tangled in our thoughts sometimes.

Defusion Techniques to Try

These may feel silly—but they work. Try them when you're stuck in painful, recurring thoughts. Labeling thoughts: "I'm noticing I'm having the thought that..."

Label it. Create distance. E.g., "There's the 'I'm unlovable' story again."

Thanking the Mind – Say: "Thanks, Mind. Helpful as always." (Try it with a wink or sarcasm.)

Silly Voice or Song – Repeat the thought in an odd voice or sing it – until it loses its grip.

Mindful Watching – Sit quietly and watch your thoughts come and go—like clouds passing through the sky that you watch from a bench.

Name Your Stories – This is my no-one-likes-me story. This is my sometimes -I-fail-so I am-a-total-failure story.

Projector – Imagine your thoughts are projected on a screen rather than on your consciousness, while sit farther and farther back in the theater.

X Out – Imagine each thought like a computer window and you hit the X to close that window.

We change lives through effective, affirming mental health care.



Telehealth throughout Wisconsin.
3900 W. Brown Deer, Brown Deer WI 53209
4370 S 76th, Greenfield, WI 5322
6233 Durand, Racine, WI 53406

Learn more at www.shorehavenbhi.com
Follow us - <https://www.facebook.com/shorehavenbhi>

Call 414-540-2170

Email: Referrals@Shorehavenbhi.com