

**PRAGMATISM**

If you go along with that thought, buy into it, and let it control you, where does that leave you? What do you get for buying into it? Where do you go from here? Can you give it a go anyway, even though your mind says it won't work?

**WORKABILITY**

If you let that thought dictate what you do and hook you, where does it take you: toward or away from the life you want? If you let this thought guide or advise you, will that help you to behave like the person you want to be?

**SECONDARY GAINS**

When this thought shows up, if you take it at face value/go along with it/let it tell you what to do, what feelings, thoughts, or situations might it help you avoid or escape from (in the short run)?

**INTERESTED**

That's an interesting thought.

**FORM AND LOCATION**

What does that thought look like? How big is it? What does it sound like? Your voice or someone else's? Close your eyes and tell me, where is it located in space? Is it moving or still? If moving, in what direction and at what speed?

**MEDITATIVE**

Let your thoughts come and go like: passing clouds, cars driving past your house, etc.

**COMPUTER SCREEN**

Imagine this thought on a computer screen. Change the font, color, and format. Animate the words. Add in a bouncing ball.

**YOUR MIND IS LIKE....**

- a "don't get killed" machine
- a word machine
- radio "doom and gloom"
- a masterful salesperson
- the world's greatest storyteller
- a fascist dictator
- a judgment factory

**THOUGHTS****INSIGHT**

When you buy into this thought, or give it all your attention, how does your behavior change? What do you start or stop doing when it shows up?

**BULLYING REFRAME**

What's it like to be pushed around by that thought/belief/idea? Do you want to have it run your life, tell you what to do all the time?

**NAMING THE STORY**

If all these thoughts and feelings were put into a book or movie, titled "the *something something* story," what would you call it? Each time this story shows up, name it: "Aha, there's the XYZ story again!"

**PROBLEM SOLVING**

This is just your mind problem solving. You're in pain, so your mind tries to figure out a way to stop the pain. Your mind evolved to solve problems. This is its job. It's not defective; it's doing what it evolved to do. But some of those solutions are not very effective. Your job is to assess whether your mind's solutions are effective: do they give you a rich and full life in the long run?

**THE CLASSICS**

I'm having the thought that...  
Say it in a silly voice.  
Sing it.  
Say it very slowly.  
Repeat it quickly over and over.  
Write thoughts on cards.  
Passengers on the Bus Metaphor.  
Thank your mind for that thought.  
Who's talking here: you or your mind?  
Leaves on a Stream Exercise.  
How old is that story?

**NOTICING**

Notice what your mind is telling you right now.  
Notice what you're thinking.

**THE NOTICING SELF**

Take a step back and look at this thought from your noticing self.

**Summary of Common Defusion Techniques**