



COGNITIVE DEFUSION: Changing the relationship to our thoughts

Not all of our thoughts are accurate or helpful, particularly at times when we are low in mood or anxious.

Try to follow the following three steps:

- Identify thoughts as thoughts: “I just noticed that I’ve had the thought that...”
- Hold the thought lightly. It is a thought and not reality.
- Look AT the thought, not FROM the thought.

By practicing this different way of responding to thoughts, we reduce the emotional impact of difficult thoughts.