

# Cognitive Fusion

- Fusion is the process of becoming entangled with one's thoughts, emotions, and beliefs.
- Signs of Fusion:
  - Believing thoughts as facts
  - Acting on thoughts impulsively
  - Persistent rumination
  - Rigid self-labelling



# Cognitive Defusion

- Helps people distance themselves from unhelpful and distressing thoughts.
- Helps people to view thoughts as mental events rather than as facts.
- Help people reduce the emotional impact of their thoughts.
- Helps people be more flexible in seeing different perspectives.



# What Cognitive Defusion is NOT

- NOT meant to determine whether our thoughts are “True” or “False” – we do that with the Thought Record.
- NOT meant to get rid of or distract from unwanted thoughts and emotions – although that may occur.
- NOT meant to invalidate, trivialize, or mock the thoughts we have. If that happens – it is not the technique for you!

# Silly Voice Technique

1. Put your negative self-judgment into a sentence “I am X”
2. Fuse with the thought for 10 seconds – believe it as much as you can
3. Now, silently replay the thought in your mind, but with an inner voice similar to that of a Smurf – high pitched, cartoony, and funny.

# Labelling Thought Technique

1. Put your negative self-judgment into a sentence “I am X”
2. Fuse with the thought for 10 seconds – believe it as much as you can
3. Now, silently replay the thought with the phrase in front of it “I am having the thought that I am X”
4. Now replay it one more time, but this time add this phrase “I notice that I am having the thought that I am X”



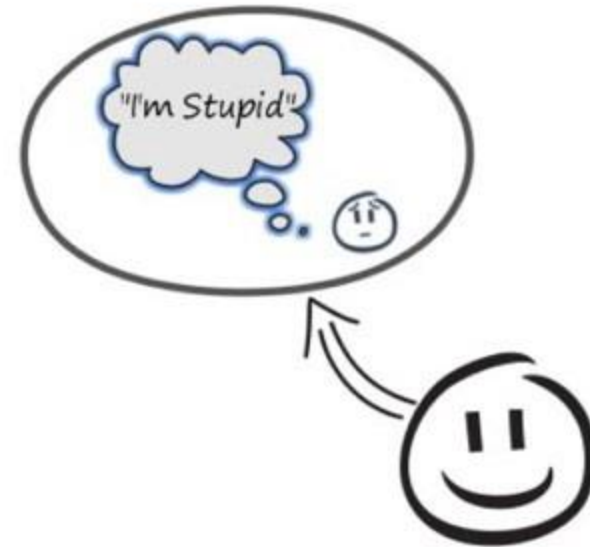
# Labelling Thought Technique



*I am Stupid*



*I'm having the thought  
"I'm Stupid"*



*I'm noticing  
I'm having the thought  
"I'm Stupid"*

# Computer Screen Technique

1. Put your negative self-judgment into a sentence “I am X”
2. Fuse with the thought for 10 seconds – believe it as much as you can
3. Now, in your mind’s eye, play around with the formatting – change the font, colour, spacing, and how they across the screen of your mind.
4. In your mind, image the words bouncing around to the theme of “happy birthday”

# Computer Screen Technique

I am X



# Computer Screen Technique

I am X

# Computer Screen Technique

I am X

# Computer Screen Technique

lamX

# Computer Screen Technique

I am X

# Computer Screen Technique

**I am X**

# Computer Screen Technique

I am X

# Computer Screen Technique

**I am X**



# Dropping Anchor – Grounding Meditation

- Helpful when emotionally overwhelmed, acting impulsively, or dissociating.
- The goal of the practice is to be present, to regain control of your actions, and to engage and focus on what you are doing.
- A – Acknowledge your inner experience
  - “Here is sadness, I am noticing anger, I am noticing painful memories”
- C – Come back into your body
  - Shift focus into your body and regain a sense of control
  - Alter breathing, stretch, push toes into the floor, push fingers together
- E – Engage with the world
  - Expand awareness from inner experience to other things in addition
  - Notice 5 things you see, 3 things you hear, 2 things you feel against your body
  - NOT A DISTRACTION FROM INNER EXPERIENCE – but rather an “in addition too”



An artistic illustration of an anchor resting on a sandy ocean floor. The anchor is rusted and has a chain attached to its top. The background shows a sunlit underwater scene with greenish-blue water, bubbles, seaweed, and a small striped fish. The text 'Dropping Anchor' is written in a large, white, serif font across the middle of the anchor.

# Dropping Anchor

Grounding Meditation

Written by: Russ Harris

Audio File : <https://www.actmindfully.com.au/free-stuff/free-audio/>





# Leaves on a Stream

Visualization Meditation

Written by: Russ Harris

YouTube Video: <https://www.youtube.com/watch?v=1yQX1y7zMAg>