



## Cheat Sheet

### De-fusion Techniques aka “Get Distance”

#### The Mind

Treat “the mind” as an external event, almost as a separate person (e.g., “Well, there goes my mind again” or “My mind is worrying again”).

#### Thought Labeling

Label your thoughts as thoughts (e.g., “I am having the thought that I’ll be too nervous to speak”) or label the type of thought (e.g., “I am having the judgment that my voice sounds weird” or “I am having the prediction that the salesperson will be annoyed if I return it”, etc.).

#### Get off your but!

Replace “but” with “and” (e.g., “I would like to go to the party *but* I am afraid I will be anxious” becomes “I would like to go to the party *and* I am afraid I will be anxious”).

#### Use a variety of vocalizations

Say the thought very slowly, say it in a different voice, sing it, etc.



# Calm Living Blueprint Hangout

Session 1: Get Distance

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## Buying thoughts

Distinguish between thoughts that just occur and the thoughts that are believed (e.g., “I guess I’m buying the thought that I’m boring”).

## And how has that worked for me?

When you are buying a thought, back up for a moment and ask yourself, “How has that worked for me?” and if it hasn’t worked ask, “Which should I be guided by, my mind or my experience?”

## WHEN TO USE DE-FUSION

- Before, during or after a challenging social situation
- When your thoughts aren’t helpful
- You are mentally somewhere else or in some other time
- Your mind feels judgmental
- Your thoughts feel old and familiar

## REMEMBER

The aim of defusion is not to get rid of a thought or decrease anxiety. The aim is simply to see the thought for what it is - a string of words - and to let it be there without buying into it.

Defusion is like any other skill - the more you practice, the better you get at it - so practice, practice, practice!!