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?

INTERESTED
That's an interesting thought.

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

YOUR MIND IS LIKE ....
- a "don't get killed" machine
- a word machine
- radio "doom and gloom"
- a masterful salesman
- the world's greatest story teller
- a fascist dictator
- a judgment factory

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?

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?

WORKABILITY
If you let that thought dictate what you do, how does it work in the long run? Does buying into it help you create a rich, full, and meaningful life?

THOUGHTS

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?

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)?

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?

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

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?

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!"

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

THE OBSERVING SELF
Take a step back and look at this thought from your observing self.

Figure 7.1 **Summary of Defusion Techniques**