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# Defusion

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Acceptance and Commitment Therapy (ACT) teaches the skill of defusion—simply noticing thoughts, and watching them passively, neither trying to fight or disprove it, nor push it out of our minds. We can note that a distressing thought exists and view it as just that: a thought. Use this exercise to practice observing and noting your thoughts, doing your best to avoid reacting to it.

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Set a timer for a minute and take note of what thoughts are coming to mind, assigning them a one- or two-word summary of their content below. They don't need to make sense to others. You are taking one-word notes of your running ticker-tape thoughts. It's okay if some thoughts linger or keep coming back. You can note for yourself that this is a "sticky thought," but continue to observe all your thoughts instead of getting wrapped up in these.

After a minute, reset your timer, and try again for another minute.

*Example:*

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Dinner	Weekend	PROJECT	Can't
PARTNER	Chores	Future	To-do

*First minute:*

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*Second minute:*

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*Brief reflection:*

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What were your “sticky thoughts?” Which thoughts tried to entangle you in fighting, pushing away, or pursuing them?