

# ACT THOUGHT DE-FUSION: A STRATEGY TO HELP CHANGE OUR RELATIONSHIP WITH OUR THOUGHTS



Acceptance and Commitment Therapy (ACT) encourages us to de-fuse from our thoughts.



At times, you may get into a way of thinking that over identifies our thoughts, amplifying them in our mind to be "the truth".

Becoming attached, or fused, to our thoughts can feel very powerful.

## THOUGHTS ARE JUST THOUGHTS

Thoughts may have an emotional impact, but they are no more powerful than we allow them to become.



## RE-FRAMING OUR THOUGHTS

Look at this thought rather than from this thought. Try saying, "I'm having the thought that..." Or "I'm having the feeling that..."

## NOTICE A THOUGHT RATHER THAN BEING CAUGHT UP IN THE THOUGHT



- Let a thought be present in your mind, look at it or investigate it without trying to change or make sense of it. This allows us to see a thought as what it really is, NOT a product of who we are.

## JUST BECAUSE YOU HAVE A THOUGHT DOES NOT MEAN YOU MUST TAKE ACTION

When these thoughts "pop" into our mind or, perhaps, a thought just cannot get out of your mind, apply the principles of MINDFULNESS, ACCEPTANCE, and PROBLEM SOLVING to these thoughts BEFORE taking action.