



# Defusion

*The act of acknowledging thoughts and feelings as what they are...*

Sometimes thoughts and emotions can become so overwhelming that they distract us from experiencing the present and from behaving consistently with what matters most.

The truth is that thoughts and emotions are just that—thoughts and emotions. Defusion is the act of noticing thoughts and emotions as we experience them. Noticing and identifying thoughts and emotions as what they are gives us more room to take action in our lives by pursuing what we value.

## *Defusion in 3 simple steps:*

1. **Notice**: what you are experiencing
  - The thoughts you are having
  - The emotions you are feeling
  - The sensations in your body
2. **Name**: your thoughts and feelings
  - Say, “I am having the thought that...”
  - Label your experience: “This is sadness.”
  - Thank your mind for your thoughts!
3. **Navigate**: toward what matters
  - Reflect on your values
  - Gently identify actions that align with your values

## *Remember:*

- You can practice defusion at any time.
- Defusion is not about changing thoughts or avoiding feelings.
- Defusion acknowledges thoughts and feelings, while gently moving toward your values.