**COGNITIVE DEFUSION**

Cognitive defusion is when we choose a different relationship with the stream of thought that flows through our heads.  Defusing involves seeing thoughts and feelings for what they are (streams of words, passing sensations), not what they say they are (dangers or facts).

This different relationship can be characterised by:

* more **distance** from negative thoughts
* more **mindfu**l i.e. watching or observing our thoughts rather than swept up with them
* less willing to take our thoughts seriously i.e recognise thoughts don’t often correspond to the breadth and depth of reality
* more focus on direct experiences e.g. feelings, observations, sensations

MINDFUL WATCHING:

1. Thoughts on a screen: Imagine yourself in a movie theatre or in front of your television and picture your thoughts — words or pictures — on the screen, like rolling credits.
2. Thought train: We can sit on the train, watching the scenery (thoughts, images, sensations) go by, or stand on the platform watching the thought train pass by – we don’t have to jump on it.
3. The River: Items floating down the river – perhaps leaves or bits of mucky debris (thoughts, feelings, images) – instead of struggling to float, we can stand on the bank watching it all go by.
4. The Tunnel: When we get anxious driving through a tunnel, the best option is to keep going rather than try to escape. This feeling will pass – there is an end to this tunnel.