

Crisis Support Services – Introduction to Acceptance & Commitment Therapy

Defusion and Acceptance Exercises

7 Defusion exercises

Use whichever exercise gets the best results for you. Remember the purpose of the exercise is not to stop the thought happening or to get rid of it. Rather to make it feel less important when it appears.

1. Don't let your thoughts bully you. Treat a thought like a bully. You don't have to believe it just because it's there.
2. Repetition. ("Milk, milk, milk"). Repeat the thought as fast and as loud as you can for a minute. See what happens
3. Remember your thoughts are like monsters on your bus. Who's driving? Who is going to decide where the bus goes.
4. Use a silly voice or sing the thought out loud. See if it still feels 'real' and 'true' then.
5. Have the thought. Then say, "I'm having the thought that..." Then say, "I notice I'm having the thought that..."
6. Cellophane. Are you looking through the thought or can you look at the thought?
7. Imagine the thought is just words on paper. Are you going to struggle to push it away or just let it sit there so you can pay attention to more important things?

3 Acceptance exercises

1. Expansion. Observe – Breathe – Allow
2. Get close to the feeling and notice your impulses without acting on them.
3. Observe the feeling or thought. Grant it permission to be there as it is, without changing or escaping it. Notice that it is you doing the granting.