

Noticing & Naming

An Exercise in Cognitive Defusion

1

Notice intrusive thoughts.

These are thoughts that cause intense distress and can often feel 'loud' or repetitive.

2

Name the thoughts.

"I am noticing I'm having the thought that _____"
"It's the [I'm not cool enough] story again..."

3

Is this thought helpful?

Whether the thought is true or false is not important! Instead, does this thought help guide you closer to living by your values?

YES!

Tune into this thought to better understand what's important to you. This can help guide you towards the version of yourself you want to be.

NOT REALLY...

This is a thought that pulls you further away from the version of yourself you want to be. Notice it and decide what is most helpful to focus on right now.

TIP

Make it visual by writing down or typing out these thoughts and colour-coding them based on whether they're helpful or not.

This helps you to focus more on the thoughts in the 'helpful' colour, training your brain to do the same.

4

Let the helpful thoughts inspire positive action.

Once you've filtered through these thoughts to identify the helpful ones, find creative ways to implement small & realistic changes that inspire more value-based behaviours.