<table>
<thead>
<tr>
<th>A</th>
<th>Activating Event</th>
<th>B</th>
<th>Believable Thoughts</th>
<th>C</th>
<th>Consequences</th>
<th>D</th>
<th>De-fuse</th>
<th>E</th>
<th>Examples of Defusion Exercises</th>
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</thead>
<tbody>
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<td></td>
<td>What, where, when, who with. Outside event or internal trigger, real or imagined. What was it that I reacted to? What disturbed me? What pressed my buttons?</td>
<td>What went through my mind at that time. What meaning did I give that situation? What was the worst thing about that? What did I think or imagine? (Write down all thoughts)</td>
<td>Consequences of Believing the Thought</td>
<td>Pick the most disturbing thought from column B. How do I react when I believe this thought?</td>
<td>Balanced alternative thought - optional</td>
<td>Defusion involves seeing thoughts and feelings for what they are (streams of words, passing sensations), not what they say they are (dangers or facts). What defusion technique could I use?</td>
<td>Notice unhelpful thoughts. Say them slowly. Write them down. Say them in funny voices.</td>
<td>Label unhelpful thoughts and emotions, e.g. an judgement, a prediction, a feeling, a sensation, a memory etc.</td>
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<td>Practice mindfulness so that you can better notice when you are in the present moment versus when you are stuck in your head in the past or future.</td>
<td>Use metaphors to help get a different view of your thoughts, feelings, and self evaluations</td>
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<td>● E.g. Passengers on the Bus, The Beach Ball, The River, The Thought Train, Radio Doom &amp; Gloom, Mind Monsters, Quicksand, Storyteller</td>
<td>STOP, STEP BACK. OBSERVE (what you are feeling and thinking; how the other person is acting).</td>
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