

Unhooking from Thoughts

Defusion isn't about arguing with your thoughts or replacing them with nicer ones. It's about changing your relationship to them — seeing a thought as a thought rather than an instruction you must obey.

1 The sticky thought

Write it exactly as it sounds in your head. Blunt is fine.

THE THOUGHT

2 Add some distance

Read your thought again with each of these openers. Notice what shifts, if anything.

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|--|---|
| ☐ “I'm having the thought that...” | ☐ “I notice I'm having the thought that...” |
| ☐ Say it slowly, in a cartoon voice | ☐ Sing it to a tune you know |
| ☐ Thank your mind for the warning | ☐ Name it: “ah, this is the old story again” |

WHAT CHANGED WHEN I PUT DISTANCE BETWEEN ME AND THE THOUGHT?

3 Workability, not truth

The useful question isn't "is this thought true?" but "what happens to my life when I obey it?"

WHEN I BUY THIS THOUGHT, I...

WHEN I HOLD IT LIGHTLY, I...

4 Name the old story

Recurring thoughts travel in packs. Give the whole pack a short, kind nickname.

THE STORY MY MIND TELLS

NICKNAME FOR IT

5 What it's protecting

Minds repeat what once kept us safe. What is yours trying to protect you from?

6 Move anyway

A thought doesn't have to leave for you to act. What will you do while it's still there?

EVEN WITH THIS THOUGHT PRESENT, I WILL...

How hooked do I feel right now?

1

2

3

4

5

6

7

8

9

10

Completely hooked

Fully unhooked

A thought is a passenger on the bus, not the driver. It can shout the whole way and you can still keep driving.

Take it further

Worksheets are a starting point, not a substitute for therapy. If you'd like support working through this, book your first appointment at [estefaniagiltherapy.com](https://www.estefaniagiltherapy.com).

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