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Cognitive Defusion Worksheet

We all experience thoughts that make us uncomfortable. Self-denigrating, scary, threatening, anxiety-provoking thoughts can be self-limiting. Answering these questions can help us practice defusing from unhelpful thoughts. When we defuse from thoughts, we start to see them as merely “words in our head.” We can then choose how to respond to thoughts, we don’t have to act on them.

1. Is this thought helpful or useful?
2. Is this thought an old story? Have I heard it before?
3. What do I get for buying into this story (thought)?
4. Does this thought help me take committed action forward?
5. Do I want to act on this thought or are these “just words?”



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Committed Action Worksheet

What is the behavior you want to change?	What are the values behind that change?	What is one simple step forward you can make (10 min of activity)?	What barriers will keep you from that change?	What strategies will you use to get back on track?	Who are your Sherpas?