

A Activating Event	B Believable Thoughts	C Consequences	
<p>Notice a situation in your life that is difficult. This can be an event in the past, present, or future. It can be internal or external, real or imagined. Now briefly summarise the situation you are struggling with in the space provided. Be specific.</p>	<p>Please describe the difficult thoughts that show up for you in this situation.</p>	<p>Consequences of Believing the Thought Pick a thought from B that you are likely to believe. Now write how you will behave if you believe the thought.</p>	<p>Consequences of Not Believing the Thought How are you likely to behave if you do not believe the thought?</p>
D Defusion		Examples of Defusion Exercises	
<p>Defusion involves seeing thoughts and feelings for what they are (streams of words, passing sensations), not what they say they are (dangers or facts). Write down some defusion exercises you would like to practice.</p>		<ul style="list-style-type: none"> • Notice unhelpful thoughts. Say them slowly. Write them down. Say them in funny voices. • Label unhelpful thoughts and emotions, e.g. an evaluation, a prediction, a feeling, a sensation, a justification, a memory etc • 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. • Use metaphors to help get a different view of your thoughts, feelings, and self evaluations <ul style="list-style-type: none"> ○ Passengers on the Bus, Playground Bully, The Ganges, The Beach Ball, The Shop Window, River Leaves, The Thought Train • STOP, STEP BACK. OBSERVE (what you are feeling and thinking; how the other person is acting). 	