

When we allow ourselves to get entangled with our own mind's thoughts, we can easily fall into the trap of identifying with them, seeing them as “real”, rather than what they are – just thoughts. We can then cling to these, often erroneous, opinions of the mind.

Defusion enables us to quickly apply the mental brakes. By doing this, we are stopping the immediate identification with the mind, and starting to challenge its narrative.

Defusion helps us see that we're not simply our mind, nor are we only our thoughts. Rather, we are a deeper inner wisdom capable of conscious observation.

So, next time you hear your mind say something like “you're not good enough”, remember that's only what your mind is telling you, it isn't “real” nor is it who you are.

Defusion techniques are designed to be playful, simple even, but they are more effective because of this.

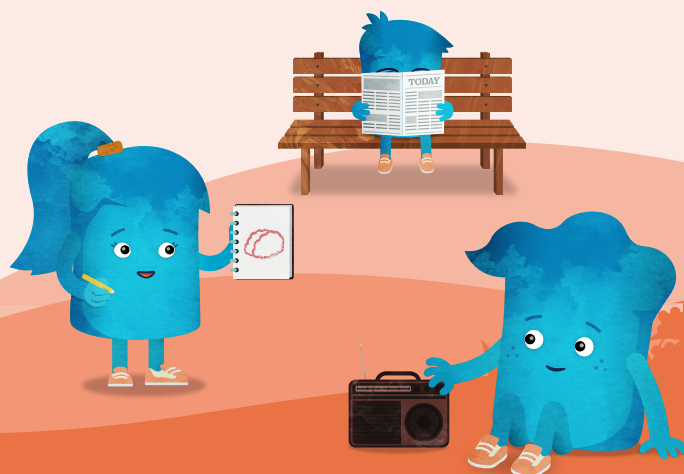
**One technique is to give your mind a name! Literally any name – to then see it as a separate persona. You might call it Mr or Miss Mind?**

Our mind's thoughts are a bit like stories. Try imagining they're an irritating news headline or radio broadcast, but presented in the words of the mind's negative chatter.

This helps us reflect on those same thoughts differently, loosening our attachment to the thought, and instead connecting us with our own observing self.

It might help to start with one of your Mind's stories – what has it been trying to tell you? Maybe that “you're not successful”, or that “you're not good enough”?

Finally, step away from the story and examine the real evidence rather than the erroneous conclusion the mind has presented as fact, and then challenge it.



## A new perspective with the mind

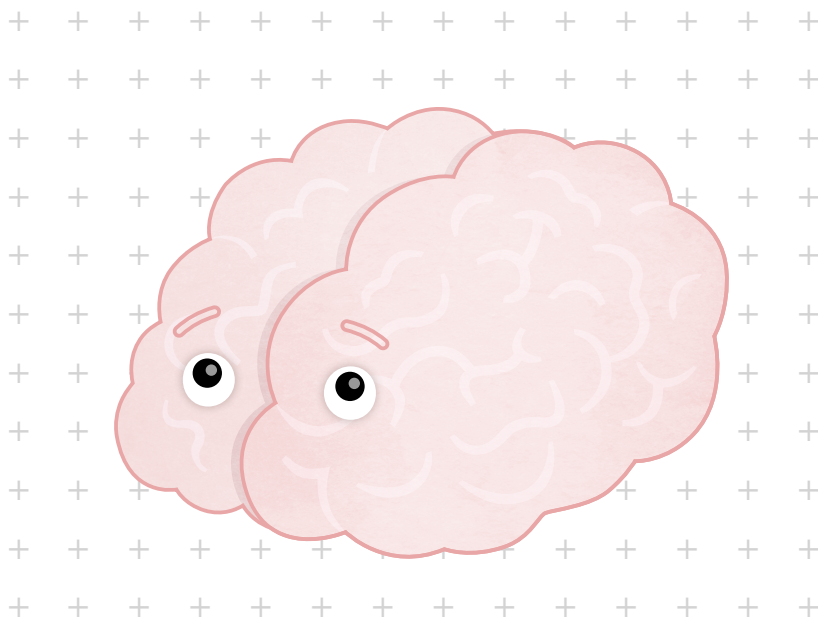
This is the defusion exercise, where you can practise some key defusion techniques to help create a new perspective with the mind, one where we see the mind and its thoughts as separate to our core self.

### Personalise your mind:

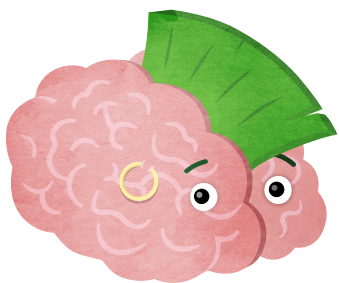
Perhaps your mind could look like you? Or something different entirely. You could add glasses, a hat, or be as abstract as you want.

Your Mind's name:

.....  
.....



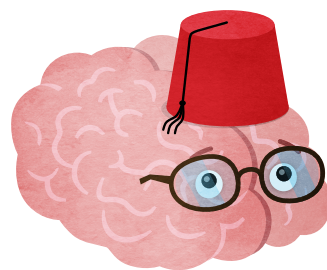
### Example minds:



Bob Punkybrain



Lady Daydreamer



Sir Wackythought



Miss Doodlebrain



Mr Metalhead



## Practise the Defusion Technique

What repetitive story does your mind keep playing?

### NEWS TODAY

Date:

Story:

Editor: The Mind

Thoughts after writing the  
story and stepping away.  
How do you feel now?

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Date:

Story:

Author: The Mind

Thoughts after writing the  
story and stepping away.  
How do you feel now?

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## Practise the Defusion Technique

What repetitive story does your mind keep playing?



*Greetings from The Mind*

**Date:** \_\_\_\_\_

**Story:** \_\_\_\_\_

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From The Mind

**To:** \_\_\_\_\_

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Thoughts after writing the story and stepping away.  
How do you feel now?

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**Date:** \_\_\_\_\_

**Story:** \_\_\_\_\_

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Yours Sincerely,

The Mind



Thoughts after writing the story and stepping away.  
How do you feel now?

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