
**Cognitive
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sonntag demonstrate a
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that therapists can
easily integrate into
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the technique of being
untangled from our
thoughts while
cognitive fusion is the
process of believing
that our thoughts are
literally true
cognitive defusion is
the ability to regard
thoughts simply as
thoughts the result of
defusion is usually a
decrease in the thought
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loosen our attachment
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defusion this important**

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negative thoughts
experienced by 80 to 99
of the non clinical
population have been
linked to the
development of
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current study aimed to
pare a cognitive
restructuring and
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technique for coping
with a personally
relevant negative
thought'

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teaches us to notice
the process of thinking
so that we don t get
swept up in our
thoughts and allow them
to define our reality
cognitive defusion
begins with observing
our own inner
experiences mindfulness
and labeling thoughts
as thoughts emotions as
emotions sensations as
sensations memories as
memories and
urges''**defusion act
mindfully**

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*defusion defusion
lessens the negative
impact of your thoughts
on your behaviour there
are a number of
exercises in the open
up section of act
panion which can be
used to help identify
unhelpful thoughts and
practice defusion
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process of de fusing or
not identifying or
being one with your
thoughts sometimes
downright strange
imagine yourself
hearing your thoughts
in the voice of a
headless monster these
activities don t seek
to stop or control
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