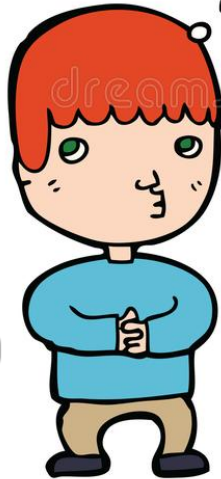
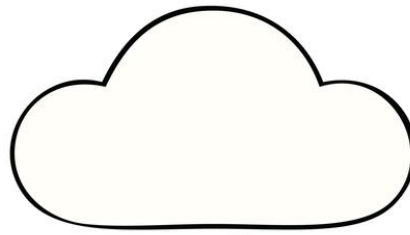


ACT defusion techniques PDF



External voice:

If you are having a thought, say that this is just a thought and the thought is saying that.

Write it down:

Write down your thought on a page or on a computer, change its size or color, make it beautiful not threatening.

Pop up thought:

Imagine your thought is just a pop up, why not close it and carry on.

Carry your thoughts:

Write your thoughts on a card and carry them with you, keep them on the card but remove them from your mind.

Thank your mind:

Having a thought?
Means brain is working.
Thank your brain and move on.