

## Defusion Techniques

Here are a few defusion techniques. For more defusion techniques, see the online resources and recommended readings at our website:

<http://andreaandkelly.com/constructive-jealousy-the-dc3-strategy/>

### **Thank Our Brains**

When your brain produces a thought or an emotion, thank your brain. For example, if your brain produces jealous thoughts and emotions, you might say, “Thank you, brain. I know in your own way you’re trying to look out for me.” Or you might just say, “Thanks, brain.” Don’t be sarcastic or aggressive. Thank your brain with genuine warmth and with appreciation for the amazing ability of your brain to come up with thoughts and emotions.

### **Treat Our Brains as Separate Entities**

We can treat our brains as separate entities. We can treat them almost as if they were another person (e.g., “Well, there goes my brain again.” “My brain is anxious again.”)

### **Label Our Thoughts and Emotions**

When our brain produces a thought, we can label the thought as a thought.

For example, instead of saying “I’m a loser,” we can say, “I’m having the thought that I’m a loser.” Instead of saying, “I’m going to blow this test,” we can say “I’m having the thought that I’m going to blow this test.” We can add another level if we want. We can say, “I’m noticing that I’m having the thought that I’m going to blow this test.”

We can label our thoughts, memories, emotions, and more:

- “I’m having the thought that...(describe your thought)”
- “I’m having the feeling that...(describe your feeling)”
- “I’m having the memory that...(describe your memory)”
- “I’m having the bodily sensation that...(describe the nature and location of the bodily sensation)”

- “I’m having the urge to...(describe your urge)”

The labels may seem like subtle differences, but they can help us step back and see our thoughts and emotions for what they are: nothing more than things produced by our brains.

### **Say Our Thoughts with Silly Voices**

When our brain produces a thought, we can repeat the thought several times with a silly voice. We might:

- Say the thought very slowly (like a recording that has been slowed down).
- Say the thought using a funny voice (like a cartoon voice).
- Say the thought using the voice of a famous character (like Darth Vader, Yoda, Gollum, Homer Simpson, or any character with a distinctive voice).
- Sing the thought using a familiar tune (like *happy birthday* or *row, row, row your boat* or the *alphabet song*).

### **Naming Our Stories**

Our thoughts are often repetitive and tell us the same old stories. My personal jealousy story involves thoughts along these lines:

“When is my partner coming home? How long do they need to be alone together? My partner and her lover want to be alone because they don’t like me and don’t want me around. I wonder what they’re doing? Would it really have been so bad to have me around?”

When my brain produces thoughts along these lines, I name the story: “There’s the *jealousy story* again” or “My brain wants to tell me the *jealousy story*.” We can just name our stories and let them go.

### **Passengers on a Bus Metaphor**

Imagine you are driving a bus. The passengers on your bus are jealous thoughts and emotions. You decide these are unhelpful passengers. They yell at you. They try to distract you. They criticize your driving. They try to tell you which way to

go. Yet, no matter how badly the passengers behave, you don't have to do what they say. You can steer the bus in the direction *you* want to go.

### **Leaves on a Stream Metaphor**

Imagine you are sitting beside a beautiful stream with slowly moving water. The water flows over rocks, under trees, and around corners. Every now and then, a big leaf drops into the stream and floats away down the stream. You watch as the leaves float away.

Each time a thought pops into your head, imagine the thought is written on a leaf in the stream. Your thought might be written in words on the leaf. Your thought might be drawn as a picture on the leaf. Just sit beside the stream and watch the leaves with your thoughts on them float away. Don't try to speed up or slow down the water. Don't try to change what shows up on the leaves.

If you get distracted, just stop and notice that you got distracted, then go back to sitting by the stream and watching the leaves float away.