



## Mindfulness: Thought Fusion vs. Defusion

When you're fused with your thoughts, you see them as facts. Mindfulness helps you defuse — notice thoughts as passing mental events, not truths. This creates space to gently redirect your attention back to the present moment.

### Fusion (Stuck in the Thought)

- "I'm having this thought, so it must be true."
- Feels urgent, heavy, like you need to act immediately.
- Anxiety takes over as if the thought = reality.

### Defusion (Stepping Back from the Thought)

- "I notice I'm having the thought that \_\_\_\_."
- Creates space between you and the thought.
- Allows you to respond calmly instead of react automatically.

### Practice: Observe, Describe, Redirect

1. **Observe:** Pause and notice what thought just showed up.

Example: "I notice a thought about failing this test."

2. **Describe:** Label it as a thought, not a fact.

Example: "I'm having the thought that I will fail."

3. **Redirect:** Gently shift your focus back to what you are doing in the present moment.

Example: "Right now I'm studying one page at a time."

### Try It Out

Situation	Automatic Thought (Fusion)	Defusion Practice (Reframe)	Present Moment Anchor
_____	_____	"I'm having the thought that ____"	_____
_____	_____	"I'm having the thought that ____"	_____