

MOVING FORWARD

Week 2

Week 2:

Understanding our fight for control

- Getting focused – Mindfulness (in a nutshell)
- Review of last week's group and the past week
- Understanding the fight for control
- Noticing and unhooking from thoughts
- Homework

Mindfulness in a Nutshell

Review

The Matrix, Noticing and: What I'd Like to Get Rid of plus Costs

Understanding our fight for control

Our usual approach ... If there's a problem, just fix it

- If you're out for a walk and the weather turns cold, put on a sweater.
- If you cut your finger, put a Band-Aid on it.
- If you have an itch, scratch it.
 - Poison ivy?

When control strategies don't work: The paradox of control

When dealing with some problems (like emotional & physical pain) sometime even when we try hard and play by the rules, things don't get better.

Rules?

The Paradox of Control Experiment

Understanding what I can and cannot control

Exercise: What I can and cannot control

Noticing and Defusion/Unhooking from Thoughts

Getting Hooked by our Thoughts: Cognitive Fusion

Fusion - being welded, joined, stuck

When we're fused with our thoughts,

- they direct our behaviour
- we're not even aware that we are thinking - we're hooked, caught up, entangled
- they seem absolutely true and inescapable

Fusion vs Defusion

Fusion

Our thoughts seem like ...

- The absolute truth
- A command
- A threat you need to get rid of
- Something that's happening here and now
- Something you can't let go of

Defusion

Our thoughts ...

- May or may not be true
- May or may not be important – can choose action
- Are words, not something actually happening
- Come and go

Defusion

The main purpose of defusion is to be able to act more flexibly in the presence of painful thoughts - not to make them go away.

When we defuse or get unhooked from painful thoughts we can see that we have a choice about how we respond.

Defusion Skills

- Defusion involves stepping back, separating, unhooking
 - Noticing:
 - Notice the difference between the thought "I'm a loser" and "I notice that I'm having the thought that I'm a loser"
 - Naming: Aha, there's ...
 - that knot in my stomach again.
 - my worry-brain pumping out possible catastrophic outcomes
 - the old 'I'm not good enough' thought
 - The chess board
 - Summary of Defusion Techniques

Getting Hooked: Worksheet

Week 2 Key Messages

- Our fight for control over thoughts / feelings / sensations that hook us, costs us and can make things worse. The fight also pulls us away from our values & value-guided behaviours.
- Letting go of the struggle for control frees up energy for us to act in ways that moves us towards our values.
- **Defusion** makes it possible to act more flexibly in the presence of painful thoughts and feelings. When we get unstuck we see that we have CHOICES about how to act.

Week 2 Homework

- Refer to Summary of Defusion Techniques. Practice a few.
- Use Getting Hooked exercise sheet to notice when you are getting hooked by painful thoughts/emotions/sensations/urges.
- Notice signs of increased psychological flexibility
 - Towards moves
 - Mindfulness
 - Defusing