

MOVING FORWARD
Week 2


Welcome Back



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Week 2: Agenda

- We'll practice mindfulness a mindfulness meditation
- Review this weeks' homework
- Review 'choice point" video
- Visit our help for Control
- Learn more about the skill of Unhooking or Defusion (we'll explain next week)
- Homework



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Mindfulness in a Nutshell



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Review Homework Week 1

Any additions to the “what I want to get rid of, or ways of avoiding/opting out” from last week?

Able to Notice when you’re in your head and when you were present, via your senses?


Able to Notice Away moves or Toward Moves?

Any new thoughts about your own values?



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REVIEW THE CHOICE POINT via Video




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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 involves stepping back, separating, unhooking



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Fusion (Hooked) vs Defusion (Unhook)

Fusion - being welded, joined, stuck:

- we're not even aware that we are thinking - we're hooked, caught up, entangled
- they command our behaviour
- Thoughts seem absolutely true
- Inescapable

Defusion -

Aware of Our thoughts (Meta Cognition), are just thoughts that:

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



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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?



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Common Ineffective or oversimplified Societal Suggestions


- "Suck it up buttercup"
- "Work before play"
- "Just think Positive"
- "Just take another pill/don't take another pill"
- "Do all the right things, and life will be good."



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Understanding what I can and cannot control


Exercise: What I can and cannot control



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More Defusion Strategies for Thoughts


Metaphors plus
-Handout: Summary of Defusion Techniques



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Week 2 Key Messages

- **Defusion/unhooking** 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.
- 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.
- Once we mindfully notice, we can 'unhook' using our favourite defusion strategies.



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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



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See You Next Week!

- We will review what to do when Emotions are running high, and we can't think
- We will review more on Acceptance of Emotions and ways to self-manage emotions
- Move Forward in spite of Emotions.



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