

MOVING FORWARD

Week 2

Welcome Back

Week 2: Agenda

- We'll practice mindfulness a mindfulness meditation
- Review this weeks' homework
- Review 'choice point" video
- The concept of Defusion
- Defusion from painful thoughts. (emotions next week)
- Homework

Mindfulness in a Nutshell Exercise

Review Homework Week 1

Able to notice when you're in your head, and when you were present, being mindful?

Able to notice Away moves or Toward Moves?

Any new thoughts about your own Values?

REVIEW THE CHOICE POINT via Video



Defusion

Defusion enables us to decrease suffering, and act more flexibly in the presence of painful experiences - not make them go away.

Defusion involves stepping back, unhooking, and allowing our experiences rather fighting to controlling them.

Defusing helps us see thoughts and feelings for what they really are - internal experiences that are not dangerous, and have no real power to control our behavior.

Why Defusion Takes Practice

Our usual approach ... If there's a problem is, just fix it – OUR MIND WANTS CONTROL

- This is great for practical problems (fixing a car, organizing a trip, etc). Its how our brain works. Problem + Control = Effective.
- Thoughts and feelings are not something we can get rid of. The more we try to control them the more distressing and powerful they become.
- Our brains natural way to react to pain is to struggle against it, in efforts to control it. This has a cost!
- **THE PARADOX OF CONTROL!**

THOUGHT DEFUSION



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
- Consume our attention
- Brain natural tendency for pain

Defusion - Aware of our thoughts, 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
- Gives us perspective
- Is a purposeful process

Another Metaphor for Defusion - Passengers on a Bus



Defusion Strategies for Painful Thoughts

- Daily Mindfulness practice builds our natural ability to NOTICE when we are hooked. THIS IS KEY.
- Once we are more aware when thoughts are pushing us around – we can change our relationships with them and respond more flexibly.

-Handout: Summary of Defusion Techniques

Common Ineffective or oversimplified Societal Suggestions

- “Suck it up buttercup”
- “Just don’t think about it”
- “Just think Positive”
- “Just take another pill/don’t take another pill”
- “Do all the right things, and life will be good

THIS IS NOT DEFUSION THIS IS DENIAL.

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 time/energy. The fight also pulls us away from our values & value-guided behaviors.
- Once we mindfully notice, we can 'unhook' using our favorite defusion strategies. This allows us a CHOICE to ACT like the person we want to be, even when it hurts.

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.
- Notice signs of increased psychological flexibility (making mindful choices when our thoughts/feelings are telling us what to do).
 - Towards moves
 - Mindfulness
 - Defusing

See You Next Week!

- We will review what to do when Emotions/Sensations are running high, and hooking us.
- We will review more on Acceptance of Emotions and ways to self-manage emotions
- Self Compassion explored.