

WB 2.3b — Thought Defusion Practice

Use with Chapter 3 (The Thought) in the manual, Chapter 3 in *Shoulder the Bill*. Practise the three-step defusion approach.

Purpose Defusion creates distance from a sticky thought so it loses its grip — you learn to see the thought rather than through it. Useful when a thought will not resolve through evidence alone.

How to use this page

When: Use when a thought keeps returning despite the Thought Reset. Say the steps slowly, out loud or on paper.

Done when: You have named a thought at a distance and taken one values-aligned action regardless of it.

Worked example

The thought: 'I always ruin things.'

At a distance: 'I am having the thought that I always ruin things.'

Values-aligned action taken anyway: I sent the apology text I was avoiding.

Anchor Phrase: 'A thought is information, not a command.'

Protocol: 1. Name it at a distance. 2. Observe it. 3. Act from values.

Loop stage: Name → Ground → Narrow

The thought, written exactly as it appeared:

Step 1 — name it at a distance, beginning "I am having the thought that...":

Step 2 — observe it (how long has it been running? when does it appear?):

Step 3 — one values-aligned action I will take regardless of this thought:

Did the relationship with the thought shift? ☐ Yes ☐ Somewhat ☐ Not yet

☐ Self-Reward Loop completed