

Cognitive Fusion and Defusion

Fusion

This is where we get entangled with our thoughts and 'pushed around by them.' We focus our attention on the contents of our mind (our thoughts, memories, assumptions, beliefs, images, etc) rather than what we are experiencing through our five senses. We then make decisions and take actions based on our internal experience (thoughts, memories, etc.) rather than what is really going on in the world.

In a state of fusion, a thought can seem like:

- The absolute truth
- A command that you have to obey or a rule that you have to follow

Put more simply, fusion can be described as: Treating a thought as a fact – when the thought is unhelpful, this can often lead to target behavior use

Our minds evolved to give us a powerful way of detecting threats to our survival, so it is no surprise that a large portion of our thoughts are negative, critical, or a warning of danger.

Remember: Just because a thought "feels" true or real doesn't mean that it is true, real or helpful

Cognitive Defusion

This is where we can observe our thoughts and see them for what they are – just products of our busy minds.

In a state of defusion, you recognize that a thought:

- May or may not be true
- Is not a command you have to obey
- Is not a threat to you