

Defusion Phrases

A short list of phrases that create distance between you and a thought. Borrowed from Acceptance and Commitment Therapy, adapted for spirals. The structure matters more than the exact words, find ones that feel natural to you.

When this might help:

- A thought feels true and unmovable
- You're identified with the thought ("I am anxious") rather than observing it ("I notice anxiety")
- You want to soften without arguing with yourself

The phrases:

Take any spiralling thought and put one of these in front of it:

- *"I'm having the thought that..."*
- *"I notice my mind is telling me..."*
- *"There's a story here that says..."*
- *"My nervous system is offering me the idea that..."*

So "I'm a failure" becomes "I'm having the thought that I'm a failure." Same content. Different relationship. The thought is still there. You are not it.

Pick two phrases that feel right. Keep them where you can see them.