Noticing My Thoughts

Step back from a sticky thought. See it as words my mind is making, then choose what I do next.

1 The thought, in my mind's exact words

_____

_____

2 How strong is it right now? 0 = not at all, 10 = completely

Believable: ____ / 10 **Distressing:** ____ / 10

3 When I hold it tightly, I... Tick or write my own

- ☐ Avoid things
- ☐ Argue with it
- ☐ Check or ask
- ☐ Shut down
- ☐ Snap at people
- ☐ Stay up late
- ☐ Scroll or numb
- ☐ Give up

Other: _____

4 Is it helpful? Not: is it true?

- ☐ Takes me toward what matters
- ☐ Pulls me away

If I let it steer this week, I would: _____

5 Step back from it Read each line slowly

1. **As it is:** _____
2. **I'm having the thought that** _____
3. **I notice I'm having the thought that** _____

6 Rate it again The thought can stay. Did the grip change?

Believable: ____ / 10 **Distressing:** ____ / 10

With the thought along for the ride, one thing I will do that matters to me:

_____

_____

When the thought shows up, I will say: _____

When: _____ **Where:** _____

Original layout by Lotus & Tulip, inspired by ACT cognitive defusion. A practice tool, not a substitute for care.

Free printable from Lotus & Tulip · lotustulip.com/cognitive-defusion-worksheet.html

Defusion Technique Menu

Try one at a time with the same thought. Keep the ones that give me a little more room.

1 I'm having the thought that...

Add the frame, then "I notice I'm having the thought that..."

☐ **Tried it** **How useful:** ____ / 10 **Note:** _____

2 Leaves on a stream

Picture a stream. Put each thought on a leaf and let it float by.

☐ **Tried it** **How useful:** ____ / 10 **Note:** _____

3 Name the story

Give the old pattern a title: "Ah, the _____ story again."

☐ **Tried it** **How useful:** ____ / 10 **Note:** _____

4 Silly voice or song

Say it like a cartoon or sing it to Happy Birthday. Words, not me.

☐ **Tried it** **How useful:** ____ / 10 **Note:** _____

5 Thank my mind

"Thanks, mind. I hear you." Then do the next planned step.

☐ **Tried it** **How useful:** ____ / 10 **Note:** _____

6 Milk, milk, milk

Say one word for the thought fast, out loud, for 30 to 45 seconds.

☐ **Tried it** **How useful:** ____ / 10 **Note:** _____

7 Write it and hold it

Write it on a card. Hold it at arm's length. Put it in a pocket.

☐ **Tried it** **How useful:** ____ / 10 **Note:** _____

8 Passengers on the bus

I am the driver. Thoughts can shout from their seats, not steer.

☐ **Tried it** **How useful:** ____ / 10 **Note:** _____

My mind's favorite story

Its title: _____

What it usually says: _____

The technique that helps most: _____

Original layout by Lotus & Tulip, inspired by ACT cognitive defusion. A practice tool, not a substitute for care.

Free printable from Lotus & Tulip · lotustulip.com/cognitive-defusion-worksheet.html

Defusion Practice Log

Each day: catch one sticky thought, try a technique, notice the grip before and after, and act on what matters.

Week of: _____ Believable: 0 = not at all, 10 = completely.

Day	The thought in my mind's words	Technique I used	Before 0 to 10	After 0 to 10	What I did next toward what matters
Mon					
Tue					
Wed					
Thu					
Fri					
Sat					
Sun					

Week review

The thought that showed up most: _____

The technique that loosened its grip most: _____

A moment I noticed I was hooked, and came back: _____

Next week I will practice with: _____

Defusion is for sticky, unhelpful thoughts, not emergencies. If you might act on thoughts of suicide or self harm, in the US call or text 988 any time (988 Suicide and Crisis Lifeline), text HOME to 741741 (Crisis Text Line), or call 911 if you are in immediate danger.

Original layout by Lotus & Tulip, inspired by ACT cognitive defusion. A practice tool, not a substitute for care.

Free printable from Lotus & Tulip · lotustulip.com/cognitive-defusion-worksheet.html

L&T

Lotus & Tulip

Liked this free printable?

The complete, ready to print version is here:

ACT Worksheets for Therapists

Fillable PDF: type into the defusion record, plus values compass, choice point, committed action plan and weekly values tracker (20 pages)

Holiday sale on Etsy until Dec 2: about $9.20, was $12

Get it on Etsy

etsy.com/listing/4607263524 | instant digital download

See every page first: lotustulip.com/act-worksheets-for-therapists.html

More free printables: lotustulip.com/free-tools.html

Lotus & Tulip printables. Personal and professional use with your own clients or students.