

diffusion practice

mumshine



active exercise



individual

Cognitive diffusion is a practice which is focused on separating ourselves from our thoughts by creating distance from them. By doing this, it helps us to let our thoughts come and go and remove the hook or hold that some thoughts can have over us.

Anytime you experience a persistent thought that seems to hook you, follow these 4 steps to reduce their power. Like all practices, this becomes easier over time.

Step One

identify the thought that keeps coming up and holding focus of your mind and write out what the thought is telling you. Really engage with it and sit with it as long as you can comfortably.

i am....

score how much this thought is hooking you from 0 - 10 with 0 being not at all to 10 being I can't think of anything else



Step Two

this time write what the thought is telling you but add the words "i am having a thought that" before i am. Focus on this statement for as long as you can comfortably.

i am having a thought that i am...

score how much this thought is hooking you from 0 - 10 with 0 being not at all to 10 being I can't think of anything else



Step Three

now add the words "i notice that" in front of this sentence and focus on this statement for as long as you can do so comfortably.

i notice i am having a thought that i am...

score how much this thought is hooking you from 0 - 10 with 0 being not at all to 10 being I can't think of anything else



Step Four

Reflect on how the 'hook' or hold that the thought has had over you has changed as you add this distance. What did you notice?

i noticed that...