

THERE GO YOUR THOUGHTS ...

This exercise is simply an extension of Watch Your Thoughts, the defusion technique introduced in chapter 7.

Therapist: Find a comfortable position, and close your eyes. Now notice: where are your thoughts? ... Where do they seem to be located: above you, behind you, in front of you, to one side? (*Pause 5 seconds.*) And notice the form of those thoughts: are they pictures, words, or sounds? (*Pause 5 seconds.*) And notice—are they moving or still? ... And if moving, what speed and what direction? (*Pause 10 seconds.*) Notice there are two separate processes going on here: there's a process of thinking—your thinking self is throwing up all sorts of words and pictures—and there's a process of noticing—your observing self is noticing all those thoughts. (*Pause 5 seconds.*)

Now this gets your mind whirring, debating, and analyzing, so let's do it again. Notice: where are your thoughts? ... Are they pictures or words, moving or still? (*Pause 10 seconds.*) There go your thoughts—and there "you" are, observing those thoughts. Your thoughts keep changing. The "you" that observes them does not change.

Now once again, this gets your mind whirring, debating, and analyzing, so let's just do that one last time. Notice: where are your thoughts? ... Are they pictures or words, moving or still? ... (*Pause 10 seconds.*) There go your thoughts—and there "you" are, observing them. Your thoughts change; you don't.