

Acceptance & Defusion Worksheet

This exercise helps you step back from overwhelming thoughts and respond with awareness instead of reaction. You don't need to eliminate the thought—just change your relationship with it.

1. Notice the Thought

Write down a thought that is causing you distress:

2. Practice Defusion

Rewrite it using: "I am having the thought that..." or "My mind is telling me that..."

3. Allow & Accept

Instead of pushing it away, notice and allow it. What do you observe?

4. Choose Your Next Step

What matters to you right now? What small action aligns with your values?
