At the end of each day note the defusion techniques you used, in what situation, how often, whether defusion occurred, and any benefits and/or difficulties you noticed. Remember the aim of defusion is not to 'feel good' or to get rid of 'bad' thoughts; it is to help you 'be present' and reduce the influence of unhelpful thoughts and beliefs over your behavior.

Defusion Practice Form			
Name of technique (s) Day/Date	Practiced: yes/ no In what situation(s)? How often?	Did defusion occur? yes/ no/ a little	Benefits and/or difficulties
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