Unhooking from thoughts worksheet

Techniques to detach, separate or get some distance from thoughts (encompasses internal experiences such as beliefs, attitudes and assumptions, memories etc.) and emotions - aka, unhooking from your thoughts:

Label– use labels to describe your internal experiences, for example; "that's my doom and gloom thought..."

Just notice- Simply say — "I notice I am having a thought ..." For example, "I notice I am having a thought that my cancer is getting worse" as opposed to "My cancer is getting worse." One is a thought and the latter a fact... which one are you experiencing?

Thanking your mind— Thank you mind for that thought... and let go

Mindful watching— Just noticing your thoughts and letting them come and go without attempting to change them or control them

Repeating the thought— say the thought out loud over and over until only the sound remains

Experiences	My response	Did it work	Alternative response