

MINDFULNESS MEDITATION GROUP

COGNITIVE DEFUSION & LEAVES ON A STREAM

COGNITIVE DEFUSION:

A TECHNIQUE USED TO HELP YOU DISTANCE YOURSELF FROM YOUR NEGATIVE THOUGHTS AND DECREASE THEIR INFLUENCE.

A TECHNIQUE USED TO HELP CREATE SPACE BETWEEN YOUR THOUGHTS AND YOUR REACTION TO THEM, ALLOWING YOU TO OBSERVE THOUGHTS WITHOUT GETTING SWEEPED UP IN THEIR CONTENT.

A TECHNIQUE THAT EXPOWERS YOU TO ACT IN MORE EFFECTIVE WAY.

LEAVES ON A STREAM:

"INSTEAD OF SEEING THE WORLD FROM 'INSIDE' YOUR THOUGHTS, YOU WILL TAKE A STEP BACK AND VIEW THEM FROM AFAR. BY DOING SO, YOU WILL GAIN PERSPECTIVE ON YOUR THOUGHTS AND FEELINGS, REDUCING THEIR POWER."

-FROM THERAPIST AID LLC, 2021

