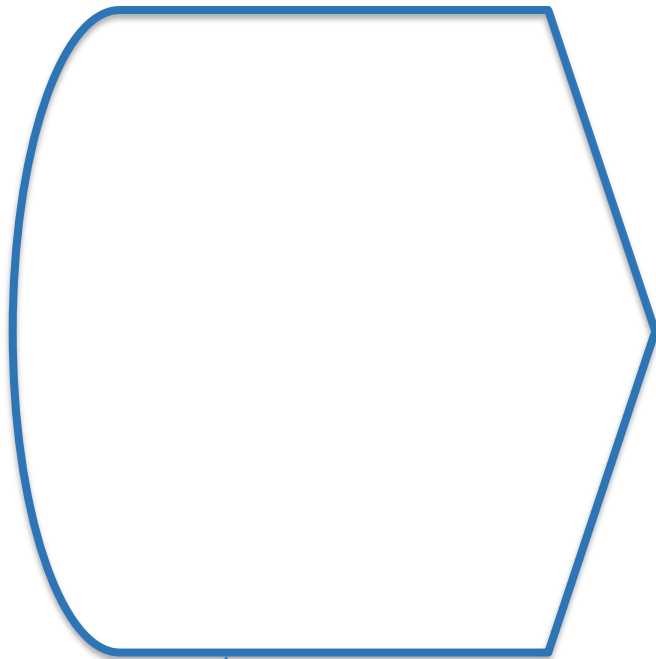


## Cognitive Behavioural Defusion

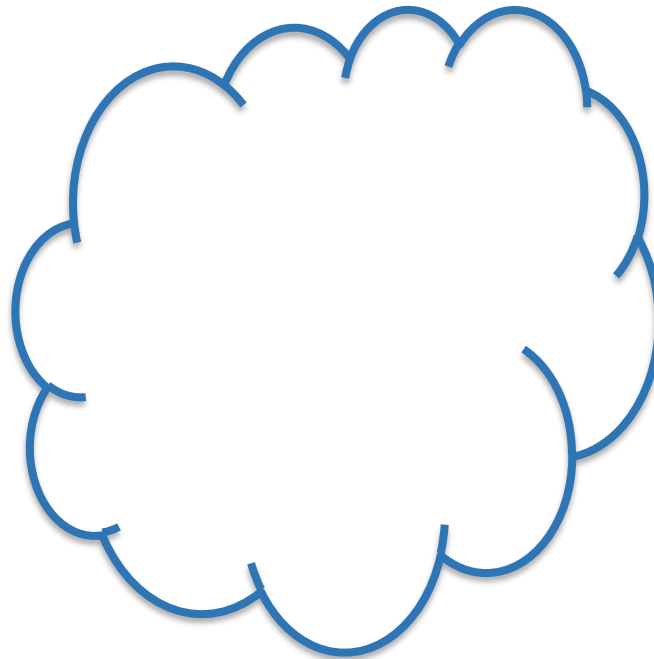
### Intrusion

Thoughts / Images / Urges / Sensations



### Acceptance

Notice / Acknowledge / Let Go / Tolerate



### Doing What Helps

Act according to goals and values over vulnerabilities or mood

