

Exercise 21 - Speed Up / Slow Down

The pace of language can have a significant influence over the impact of the thought. Write down another distressing or unwanted thought in the following box.

My Thought	Meaning	Feeling	Physical Sensations
4 X Normal Speed			
0.25 X Normal Speed			

Repeat the thought at four times the normal speed and then again at one quarter of the normal speed. Do each exercise for 60 seconds.

What did you notice about the impact of the thought?

A good example of this can be viewed by following this link. In this clip - the great late Freddie Star performs a speed-up and slow-down version of The Unchained Melody which completely changes the original intention behind the song. <https://www.youtube.com/watch?v=CaelfGWMbvg>

Warning! This approach can draw unwanted attention when used in public. Avoid packed places including public transport, the office or a library when using this technique.

Back on a serious note, the point of this exercise is to break the rules of language by changing the tone, delivery and context of the thought. This exercise and other defusion techniques are not intended to invalidate feelings. They are designed to alter the way that thoughts are framed as negative evaluations or highly subjective associations. These associations are violated when we change the way the thought is delivered.