

How to Spot Thought Fusion

Sometimes fusion with thoughts is easy to spot and sometimes it is a little more tricky. Each of us will have our own thoughts that we're more likely to get tangled up in. But here are some clues to suggest you may be getting fused with your thoughts.

Put a big tick next to any you recognise:

- Your thoughts have a same old, same old feel to them. You've heard this many times before.
- Your thoughts are very critical with lots of self-judgements.
- Your thoughts have a very 'black and white' feel to them.
- Your thoughts involve lots of comparisons with others.
- Your thoughts involve lots of negative predictions about the future.

Any other clues you've noticed for you?
