

ACT Defusion Selection and Scripts Sheet

Choose the clinical move, then one technique family. Fill after or during session. Not a script to read aloud as a checklist.

Client / ID: _____ Date: _____

Session focus in client words: _____

1. Defusion or another move?

- | | |
|--|--|
| ☐ Thought already tested; still runs behavior | ☐ Untested prediction (restructure / experiment first) |
| ☐ Outside window of tolerance (stabilize first) | ☐ Experiential avoidance primary (acceptance/willingness) |
| ☐ Acute risk or crisis (safety first) | ☐ Other primary process (name below) |

If not defusion, next move: _____

2. Fusion pattern this week

- | | |
|--|---|
| ☐ Prediction / verbal rule | ☐ Self-story / identity label |
| ☐ Rumination replacing action | ☐ Intrusive thought as command |
| ☐ Sticky word / phrase | ☐ Mixed (name primary below) |

Client language for the fused thought/story: _____

3. Technique family chosen

- | | |
|---|---|
| ☐ Linguistic labeling | ☐ Naming the story / thanking the mind |
| ☐ Semantic / voice change (playful fit only) | ☐ Visual observation metaphor |
| ☐ Observer / noticing-the-noticer | ☐ Externalization + action change |

Why this family fits (one sentence): _____

4. Avoid / stop checks

- | | |
|--|--|
| ☐ Flooded / dissociated | ☐ Landing as mockery or invalidation |
| ☐ Metaphor fights client language/culture | ☐ Using defusion to shut down valid content |
| ☐ Complying only to please therapist | ☐ Risk / safety needs priority |

If any checked, alternative next step: _____

5. 30-second introduction (your words)

6. Values-linked action (specific and reviewable)

Exact action: _____

What counts as useful data next session: _____

ACT Defusion: Worked Scripts, Repair, Documentation

Three compact script scaffolds. Adapt language. Keep the values bridge small enough to finish.

Script A: Anxious prediction already examined

Intro: accuracy work is done; change how tightly the prediction holds the schedule. Technique: linguistic labeling 2 min, write the sentence on a card. Debrief: 0-10 grip on the calendar. Bridge: one short real-world step with the card present (e.g., first 10 minutes of a meeting). Client-specific adaptation:

Script B: Harsh self-story directing avoidance

Intro: the sentence is functioning like a rule, not a verdict. Technique: name the story, thank the mind, place the phrase on a shelf while drafting one contact message. Debrief: did space open, or did it feel like performance? Bridge: send one honest short check-in; review connection vs total withdrawal. Client-specific adaptation:

Script C: Intrusive thought treated as a command

Intro: no content debate and no promise the image will vanish. Technique: sticky note labeled mind noise + 5-minute ordinary task with the note visible. Debrief: did the image need to leave for the task to finish? Bridge: one ordinary action at home with the same stance. Boundary: not a substitute for ERP, specialist formulation, or supervision; do not use as reassurance or neutralization. Client-specific adaptation:

Response markers

- | | |
|---|---|
| ☐ More space / choice with thought present | ☐ Shift from I am to I am having the thought |
| ☐ Less argument with content | ☐ Action despite intensity |
| ☐ Felt mocked / invalidated | ☐ Intellectualized with no behavior change |
| ☐ Dissociated or floated away | ☐ Intensity high, workability improved |

Repair language (if the form missed)

"I believe the pain and the grip of this. Defusion is not a verdict on whether your experience is real." / "We can drop that form. What would feel more respectful and still give you room to choose?" / "Lower distress is not the scoreboard. Did you gain any room to act?"

Repair used / alternative move:

Progress-note scaffold

Target process: fusion with [client words] after [prior content work / none]. Intervention: [technique family] + [values-linked action]. Client response: [markers]. Next review: [question / measure of workability].

Note draft:
