

# Cognitive Defusion Log Worksheet

**Client Information:**

Name:

Date of Birth:

Gender:

Address:

Phone Number:

Email Address:

Date of Consultation:

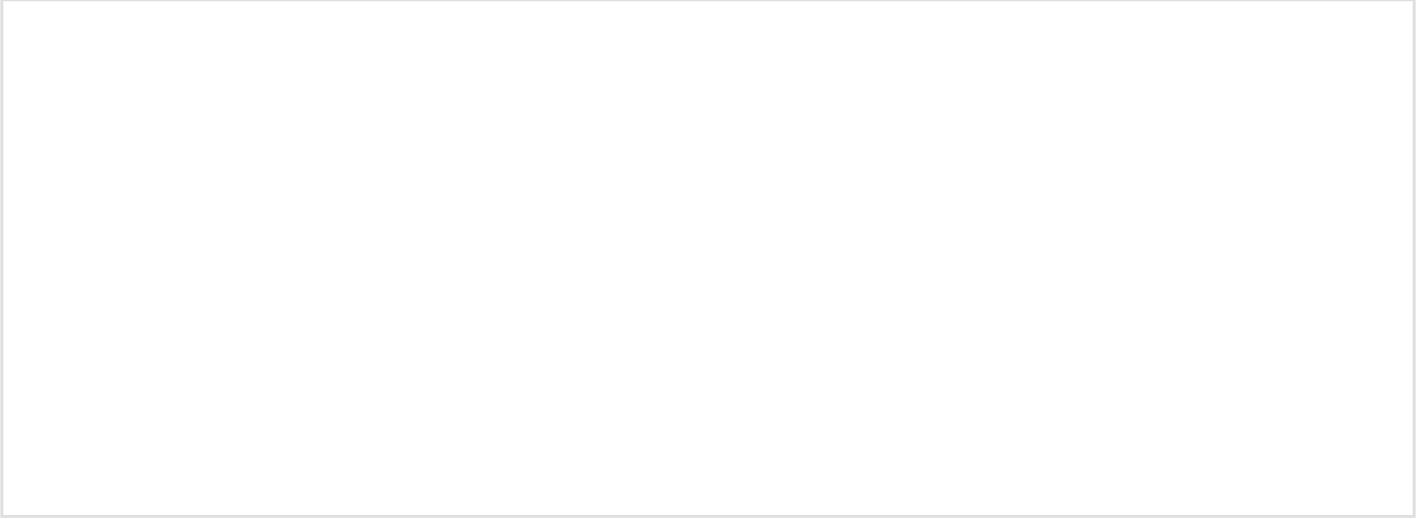
**Instructions:**

*This worksheet is designed to help you practice cognitive defusion techniques and develop a healthier relationship with your thoughts. Take a few moments to complete each section mindfully and honestly.*

Identify the Unhelpful Thought:	Notice the Impact:	Defusion Technique:

**Reflect and Reorient:**

**Action Plan:**

A large, empty rectangular box with a thin black border, intended for writing an action plan. It occupies the upper half of the page.