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: