

HFDEI Fusion/Defusion Worksheet

date: _____

client ID: _____

Fusion: Assess fused thoughts, beliefs, emotions, evaluations. stories about “how the world is,” “what happened (past fusion),” “what the future will be like (future fusion),” why clients believe they have the problems they have (past fusion), beliefs about what would have to happen in order for them to move ahead in life and whether that is viewed as possible. Include stories about people in the client’s life, especially when “how they are” is a strong theme. Stories about past, future, and current situation that have the feel of inflexibility. Work to get a felt sense of the interiority of these stories (bring present moment focus to them). Stay out of conversations about the veracity of possibility/impossibility, truth/falsity, or justice/injustice of the stories, except to get a felt sense of the clients experience of possibility/impossibility, truth/falsity, or justice/injustice—stay mindful, these will hook you!

Past-Fusion

Future-Fusion

World-Fusion

Others-Fusion
