Imagine you are stuck in quicksand. Your first, instinctive impulse is to fight to get yourself out. Instead of trying to fight or get rid of your thoughts, emotions and sensations, you can accept them. You are acting as if it has already turned out that way, then you are in fusion with the thought — thinking, feeling, or behaving in a way that is controlled by that thought. Or a memory? Maybe a prediction? You can find a lot of these thoughts categorized as cognitive distortions — a pattern you follow after one of them emerges. Cognitive distortions are an example of fusion because you are investing your time and energy, making them stronger. Instead, you can mindfully defuse from your thoughts. Defusion will not serve as a way to abolish your negative thoughts, but to reduce their intensity, so you can get back to your everyday life. What is defusion? Defusion, as a technique, represents distancing yourself from what you feel and think. That is the opposite of fusion, which involves reacting to disturbing thoughts and emotions by immediately trying to change them. Defusion will not serve as a way to abolish your negative thoughts, but to reduce their intensity and help you keep your everyday life moving. The opposite of fusion is defusion, which involves looking at your thoughts, from the perspective of your Observing Self. Acceptance involves contacting your inner events fully, directly and without a struggle. This means you are not analyzing or judging your experience, and instead are merely noticing them, without tricking yourself into following them blindly. Acceptance involves noticing your inner world without resistance, and then engaging negatively. You are allowing the proverbial quicksand to do with you as it will, while you are rendered helpless.