

# Cognitive Diffusion



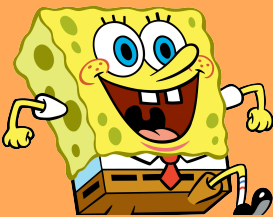
Ways to distance yourself from negative thoughts



See the thought as “just a thought” rather than attach meaning or judgement



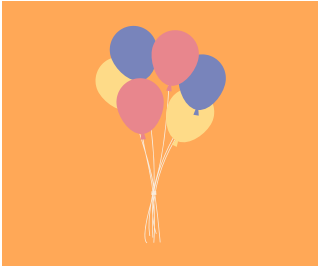
When a disordered thought pops into your head about food or body, picture a stop sign



Hear the thought in a SpongeBob voice



Hear the thought as a radio wave, imagine a staticky frequency that echoes as it fades into the background



See the thought floating away in a balloon



See the thought getting mopped away



See the thought getting deleted on a computer screen