

Talkspace Sleep Therapy

WORKSHEET

Insomnia exercise | Defusion – playing with thoughts

To help distance yourself from your thoughts it can help to put them in a different form. Identify a thought that often keeps you awake:

- Type the thought out on a computer. Then copy and paste it multiple times in different fonts and sizes.
- Make the thought sound silly. Most of stand-up comedy is about telling otherwise serious or frightening stories in a silly way.
- Sing the thought in a familiar jingle or use a funny voice, like that of Goofy or Yoda.
- Sometimes simply thanking your mind is enough. Do so with sincerity and not sarcastically.
 - *Your mind* – “I am never going to fall asleep”
 - *You* – “Thanks, mind.”
 - *Your mind* – “This program won’t help me”
 - *You* – “Thanks, mind.”