

A OFFICIAL INSTRUCTIONS OF THE DEFUSION EXERCISE

1. Observe the thought as if it were an object: Notice the words or images the thought is composed of; notice its size and location; notice how it comes and goes—its movement, speed, direction.

2. Describe the thought: Describe the nature or properties of the thought in terms of the words or images it contains; its size, location, movement, speed, or direction; and other symbolic properties (e.g., “hot thoughts,” “heavy thoughts,” “sticky thoughts,” “hooky thoughts”).

3. Play with the properties of the thought: Play around with its visual properties—shape, size, color, texture, solidity, brightness auditory properties—volume, speed, voice, tone, pitch; sing it, say it slowly or quickly or in different voices, add music kinesthetic properties—position, movement, direction, speed, location

4. Transpose the thought: Imagine placing your thoughts onto other objects in your imagination (e.g., leaves on a stream, suitcases on a conveyor belt, clouds drifting across the sky, labels on items in a shop window), putting them onto objects in the room (e.g., place them on a chair or a bookcase, or project them onto the wall), or transposing them into another medium (e.g., see them as subtitles on a TV or text messages on a smartphone, or hear them as broadcasts from a radio).

B QUESTIONS USED TO GUIDE THE SEMI-STRUCTURED INTERVIEW

Q1.1 What object did you imagine to represent the negative thought?

Q1.2 How is each visual property related to your negative thought?

Q2 How well were you able to imagine (mental-imagery group) or express (VR group) the thought at a scale of 1-5 (1:Not well at all, 5:Very well)

Q3.1 How much important is each visual property to represent your target negative thought at a scale of 1-5 (1:Not important at all, 5:Very important)?

Q3.2 How much important is each visual property to help you feel separated from your target negative thought at a scale of 1-5 (1:Not important at all, 5:Very important)?

Q3.3 How much acceptance did you feel when you transport the object?

Q4 Did you encounter any difficulties during the intervention?

C A LIST OF 10 NEGATIVE STATEMENTS USED IN THE EXPERIMENT

- (1) I am a failure.
- (2) My life is pointless.
- (3) I am stupid.
- (4) I am a bad person.
- (5) I make a mess of everything.
- (6) I am broken.
- (7) I am ugly.
- (8) I am helpless.
- (9) Sometimes I wish I wasn't me.
- (10) No-one will ever love me.

D EXAMPLES OF OBJECT TRANSPOSITION



Figure 1: Object transpositions (gray wires on a shelf and paint splashes on a wall) demonstrating environmental harmony, fostering detachment from and acceptance of negative thoughts.

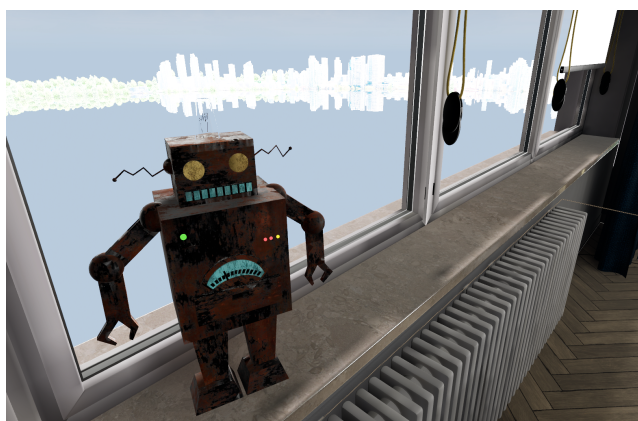


Figure 2: An example of object transposition to compare the size of a symbolic object with its surrounding outer environment