



DEFUSION + MOTIVATION CARD

For when you want to move forward, but your brain throws up roadblocks.



Step 1: Name the Thought

What's the story your brain is telling you right now?

"I'm having the thought that..."

"And my brain is trying to protect me from..."



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Step 2: Turn Down the Volume

Imagine this thought is on a radio. It's loud.
You can't shut it off...
but you can turn down the volume.

Say the thought in a silly voice
Sing it to the tune of a children's song
Imagine it scrolling by like a news ticker
Add: "Thanks, brain. Got it."

What changes when you observe the thought instead of obeying it?



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Step 3: Anchor to a Value

Even when this thought is here, what do you care about?

What's important to me right now?

- ☐ Independence
- ☐ Growth
- ☐ Integrity
- ☐ Financial stability
- ☐ Adventure
- ☐ Helping others
- ☐ [Write your own: _____]

One way this task supports that value:



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Step 4: One Tiny Step
Big picture feels far away.

What's one small thing I can do today?

Just one thing I can try (even for 5 minutes):

- ☐ I'll do it even with the thought present
- ☐ I'll do it for the value—not to “feel better” right now
- ☐ I'll notice how it feels afterward



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5: Gentle Reframe

You don't need to "fix" the thought before acting. You just need to choose.

Try one of these self-compassionate phrases:

- "It's okay to feel weird and still show up."
- "I'm allowed to start even when I'm not sure."
- "I'm not a fraud for needing time."
- "This part of me is scared. I can lead anyway."



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Use these cards when:

- You're avoiding a task that matters
- You feel "fake" or not ready
- You want to reconnect to your why
- You feel stuck between thoughts and action