



VOLUME DIAL DEFUSION EXERCISE

A somatic metaphor for working with intense thoughts or inner voices.

Step 1: Notice the Thought

Pick a thought that's loud or persistent.

Example: "I'm not doing enough."

Say to yourself:

"I'm having the thought that I'm not doing enough."

"This is a thought—not a truth or command."



Step 2: Picture the Volume Dial

Visualize a dial (like on a radio or stereo). This dial controls the volume of the thought, not whether it's "good" or "bad."

Now ask:

On a scale from 1–10, how loud is the thought right now?
What would it feel like to turn it down—just a few notches?



Take a deep breath.

Visualize gently turning the dial from an 8 to a 6... to a 4...

*You're not silencing it.
You're giving yourself space.*

Step 3: Redirect to What Matters

Ask:

What's something small I can do right now that moves me toward my values?

Example: "Even though that thought is here, I can still _____."

(breathe, rest, email the dentist, crochet a row,
drink water)

