



## **DEFUSING CONCEPTS**

Human brains have evolved for efficiency. As we learn, our neurons rewire to create shortcuts in our thinking. This allows us to problem-solve and act faster as we age. Generally, this process is incredibly advantageous. As you might already be aware, when making short-cuts, mistakes can be made. When we get used to making these short-cuts, they become assumptions.

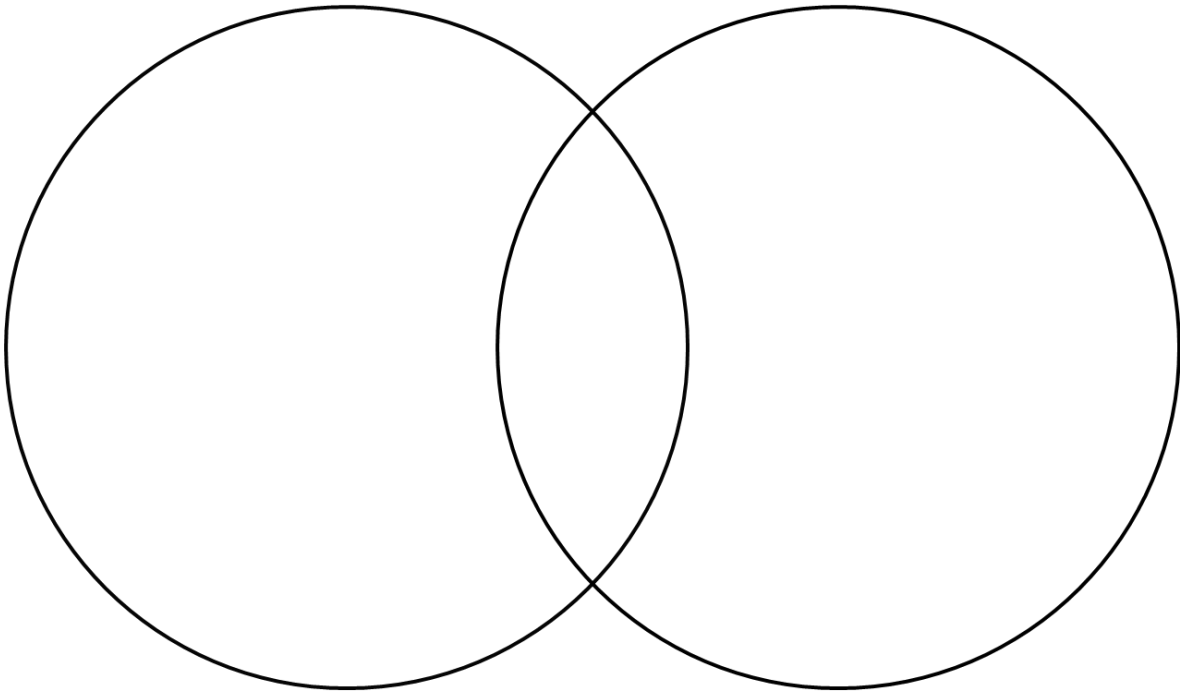
**Step 1:** Below is a list of words and concepts that have a tendency of being intertwined. Take a moment and identify any that you believe that you may fuse together as the same concept. Go ahead and circle/check those. If you don't see any that resonate with you, write in pairs of concepts that you have been told that you fuse together or pairs of concepts that you experience those around you fusing together.

### **COMMONLY FUSED CONCEPTS**

Adaptation and Choice	Love and Manipulation
Understanding and Excusing	Openness and Lack of Boundaries
Family Value and Family Obligation	People Pleasing and Being Helpful/Willing
Boundaries and Being Mean	Taking a Break and Avoiding
Anxiety and Ambition	Coping and Distracting
Striving for Improvement and Perfectionism	Sharing and Unloading
Fitting In and Belonging	Processing and Venting
Authenticity and Approval	Broken and Over Adapted
Responding and Reacting	Values and Goals
Being Honest and Being Triggered	Role and Identity
Honesty and Authenticity	Expectation and Judgment
Shame and Guilt	Ownership and Self-Blame
Caring and Enabling	Being Willful & Standing-Up for your Beliefs
Dependency and Love	



**Step 2:** Choose no more than three of these concept pairs and use a Venn diagram to compare and contrast these terms in order to assist you in defusing these concepts from each other.



**Step 3:** Now that you have differentiated these concepts, how do you think do you think your actions may change in the future? How could apply these new insights?

**Step 4:** For the next week, look for moments when one of these paired concepts are present. Mindfully consider the differences the conceptual pair, decide which concept is actually present in the situation, and take an action that is appropriate in this clearly identified context. How do you feel during this process? Are you making different decisions and taking different actions after defusing these previously paired concepts?