

5 Tools for Befriending Your Mind

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Introduction: Why Your Mind Isn't the Enemy

Have you ever felt like your brain was working *against* you? Like there's a non-stop narrator in your head.....predicting doom, judging everything, or telling you stories that leave you feeling small, scared, or stuck? **Like your brain might explode!**

Welcome to being human. It's not a personal flaw—it's a feature of how our minds evolved.



The Trouble with Language

Language is an incredible tool. It helps us build cities, plan for the future, and understand the stars. But here's the catch: Language doesn't just describe the world—it creates *stories* about who we are and what life means. And sometimes, those stories get painful.

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“I’m not enough.” “Everything always goes wrong.” “If I feel this, I’ll fall apart.”

These aren't *facts*—they're thoughts. But when we believe them completely, it's like we're fused to them. That's what psychologists call **cognitive fusion**: We get so entangled with our thoughts that we treat them like absolute truth.



What Is Defusion?

Defusion is the gentle art of creating space between *you* and your thoughts. It doesn't mean pushing thoughts away or pretending to be positive. It means seeing thoughts as just that—*thoughts*. Not facts. Not orders. Not identity.

When you defuse from your thoughts, you can befriend your mind instead of battling it.

In the next few pages, you'll discover 5 simple, science-backed tools to help you do just that.



 TOOL 1:

Name Your Mind

Modality: ACT Defusion / Inner Dialogue

What to Do:

1. Pretend your mind is a separate character, like a radio DJ or a worried friend.
2. Give it a fun or fitting name, any name. You can't get it wrong. I call mine *Buster*
3. When it starts chattering, say:

Thanks for your input, Buster" OR "That's just Buster doing his thing again "

Why It Helps:

This gives you a little space between *you* and your thoughts. You're not fighting them—you're just not letting them drive the car. The KEY here is to learn your mind is not "you" and to treat it with KINDNESS as you learn to follow your own compass instead of its orders. **It has your best interests at heart.**

 TOOL 2:

Thought Distancing

Modality: ACT Cognitive Defusion

What to Do:

1. Pick a sticky or scary thought like:
2. Say it out loud the usual way first.
3. Then add these magic words in front of it: I'm having the thought that
4. Notice how that *feels* different in your body or brain.
5. Then create more distance by adding: I notice. Like this.
6. Then say that long-ass sentence OUT LOUD and watch as the thought loses all its potency

FIRST: "I'll never get it right."

SECOND: "I'm having the thought that I'll never get it right."

THIRD: "I NOTICE I'm having the thought that I'll never get it right."

Why It Helps:

This shows your brain you're *having* a thought—not *being* it. Creates healthy distance from you and the thought.

TOOL 3:

The Curious Observer

Modality: Mindful Metacognition /
Perspective-Taking

What to Do:

1. When your brain tells a strong story, pause.
2. Pretend you're a scientist or detective. Ask:
 1. “Hmm, where did this thought come from?”
 2. “What is this thought trying to protect me from?”
 3. “What would this thought sound like in a cartoon voice?”
3. Try answering without judgment—just curiosity.

Why It Helps:

Curiosity disarms your resistance to unpleasant thoughts, so you don't get pulled into their drama.

TOOL 4:

Rewriting the Script

Modality: Narrative Reframing / Expressive Writing

What to Do:

1. Write down a harsh or painful thought like it's a line from a movie or play.
2. Imagine a kinder character reads it back—like an older, wiser version of you.
3. Rewrite the scene in a more compassionate way:

THOUGHT: "You'll Never Be Enough"

REWRITE: "I Have Always Been Enough, But Today Was Hard"

Bonus: Read it out loud with kindness in your voice.

Why It Helps:

You shift the script and become the loving narrator of your own story.

TOOL 5:

The Thought Parade

Modality: Visualization / Playful Defusion

What to Do:

1. Picture your thoughts as floats or characters in a parade.
2. Some are loud. Some are weird. Some are annoying.
3. You're standing on the sidewalk, just watching them go by.
4. You can wave, smile, or even say, "Wow, that's a dramatic one!"
5. Let each one pass—no need to chase or fight them.

Why It Helps:

You realize thoughts come and go, but *you* stay grounded on the sidewalk. You're the observer, not the float. This allows the recognition of "You" as entirely separate from your "Thinking"

Moving Forward: Befriend Your Mind, One Thought at a Time

You made it through the 5 tools—beautiful work.

Remember: You don't have to master all of these at once. In fact, just practicing *one* of these tools when you notice a tough thought is a powerful act of self-leadership.

This isn't about fixing or fighting your mind. It's about noticing it... befriending it... and giving yourself a little more breathing room in the moment. You are not your thoughts. You are the container that holds them. Operating as the container, not the contents, is where your real power is.



Try This:

Pick **one** tool and try it for a day. Or, choose a sticky thought and walk it through all five, like trying on different lenses.

No pressure, just play.



Want More Support?

If these tools resonated and you'd like more support reach out and let's walk the path together, one healed wound at a time.



Turn A New Page

Stories Can Be Liberating | Rewrite Yours

Book Brian to Speak

Therapy or Coaching

Creative Consulting

Other Offerings

