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"Achieving the goal of acceptance is not possible when cognitive fusion dominates your thinking processes. You will recall that cognitive fusion refers to the tendency to look from your thoughts rather than at your thoughts. When you engage in cognitive fusion, you take your mind's statements as literal truths, but without even being aware of these statements as the products of an ongoing cognitive process."

- How do labels affect your life?
 - What stories do you tell about yourself?
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"Practicing mindfulness isn't going to do you much good if you just do the exercises written in this book and then forget about them... You need to make an effort to bring your attention more completely to the many moments in your life, fully, without defense, nonjudgementally, defused, and accepting. Formal practice can help you acquire the skills, but it is informal practice, using these skills in your day-to-day life, that is most important."

- What gets missed when you're disconnected from the present?