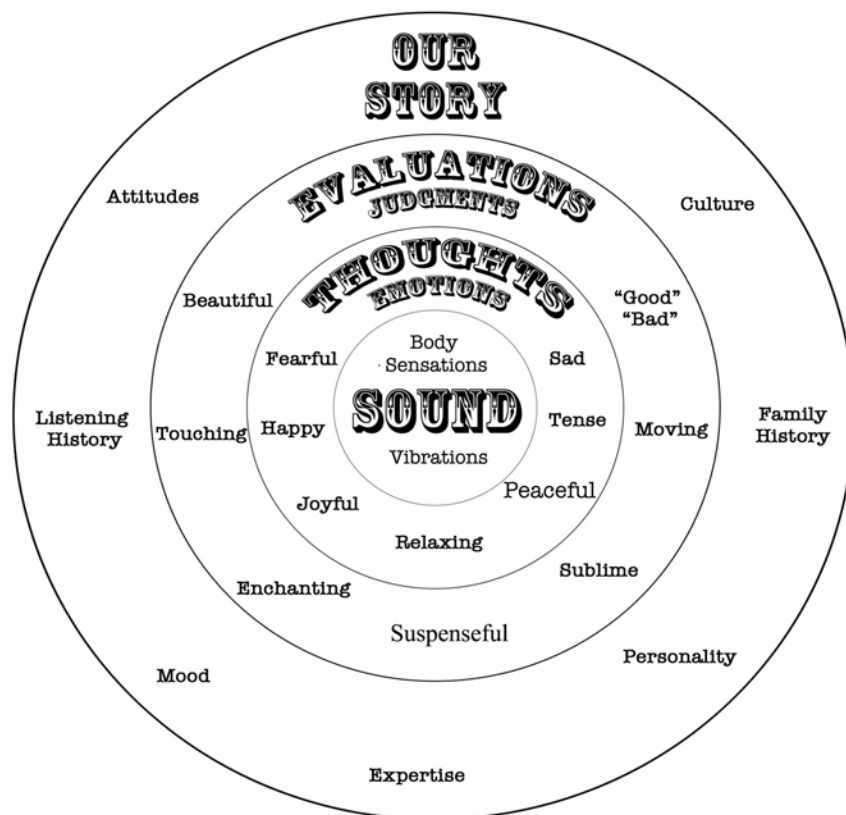


## Appendix C: Music & Defusion



This diagram represents an example of how we can become fused with our thoughts. The experience of listening to music can provoke many powerful sensations, thoughts, experiences, evaluations, and judgments. Consider that this is what our minds naturally do – this is programming and it is happening all the time.

At the center is the musical event that represents *just the facts* of what *actually happened*. The further away the circles are from the musical event, the more variable and subjective the emotions become. This process accounts for the individual variables and factors influencing our experience becoming *our story*.

As you listen to the piece of music be mindful of the various layers of experience. When the music stops, use the questions below to organize your thoughts and be prepared to talk about your experience in group.

1. What sounds and/or physical sensations did you experience in the room?
2. What thoughts and/or emotions did you notice as you listened to the music?
3. What evaluations and/or judgments did you experience while listening to the music?
4. What's your story? Did you have a memory while listening to the music?

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