A promising approach in management of anxiety disorders is self-distancing. In this procedure, the person imagines a scene that induces anxiety, then increasingly “pulls back” to imagine themselves further and further away. This kind of change in an imagined spatial context may depend on the brain’s default mode network (DMN), and more widely, we have evidence that the DMN is involved in large changes of mental focus. Based on supportive pilot data, we should like to test the role of broad DMN involvement in escape from a mental focus on threatening mental contents in the general population, in individuals with mental health problems, and in people with acquired brain injuries that may disrupt relevant underlying processes.