Managing Intrusive Thoughts

Strategies
I will use

- [ ] **Thoughts Are Just Thoughts**: They are just mental events that have popped into your mind.
- [ ] **Acknowledge, Don't Engage**: Accept that the thought is there without getting entangled in its content.
- [ ] **Let Thoughts Pass**: Visualize your thoughts like leaves floating down a river. They come, and they go.
- [ ] **Question the Thought**: Is this thought helpful? If not, can you let it go?
- [ ] **Mindfulness**: Engage in mindfulness exercises. They create space between thoughts and reactions, giving you peace.
- [ ] **Write It Down**: Jot down intrusive thoughts. It can make them feel less scary or daunting.
- [ ] **Embrace the Illogical**: Not all thoughts make sense. They don't always carry deep meanings or truths.
- [ ] **Find Your Flow**: Activities that absorb your attention and bring joy can give you a break from intrusive thoughts.

Thoughts are not facts!

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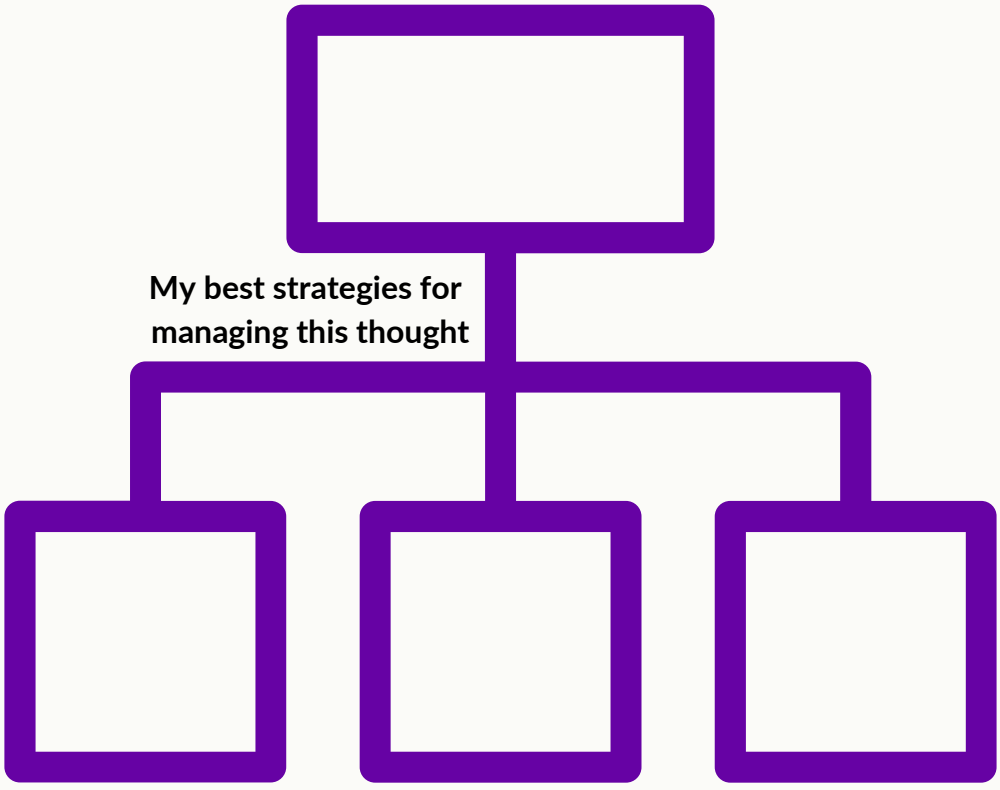
Intrusive Thought

My best strategies for managing this thought

Intrusive Thought



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