

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!



TATF
THEY ARE THE FUTURE

Intrusive Thought



Intrusive Thought



Thoughts are not facts!



TATF
THEY ARE THE FUTURE