INTRUSIVE THOUGHTS | NOTICE AND UNHOOK

Unwanted thoughts or images can feel upsetting. A thought is not the same as an intention, action, or fact. The goal is to respond flexibly, not force the thought away.

Name the experience:

An unwanted thought or image showed up about: (write a brief label, not every detail)

Notice without judging

What feeling or body sensation came with it? Distress: ___ / 10.

Create distance

Try: “I am noticing the thought that _____.” How does this differ from treating the thought as a fact?

Ground in the present

Name 3 things I see, 2 I feel physically, and 1 sound I hear.

Choose my next action

What meaningful activity can I return to while allowing uncertainty or discomfort to be present?

Gentle reminder

I do not have to debate, check, or solve every thought. What support could I seek if this keeps interfering

What three tools could i use to reground myself: