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INDIVIDUAL & COUPLES PSYCHOTHERAPY

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THOUGHT-STOPPING TECHNIQUES

Most people have experienced repeated, unwanted, intrusive or obsessive thoughts running through their minds. Sometimes individuals dwell on people, places and things for hours each day. Unfortunately, automatic thought habits can cause strong emotional reactions, self-defeating behaviors and physical reactions in the body. The thought-stopping techniques listed below are helpful suggestions to help people learn how to distract themselves or reduce or stop automatic unwanted thoughts. After reading the list, make a list on an index card of your favorite thought-stopping techniques.

- Close your eyes and shout STOP!**
- Slap the desk and say the word stop.**
- Say: “Delete negative thought and replace it.”**
- Visualize a red stop sign.**
- Think of more pleasant thoughts.**
- List unwanted thoughts on paper.**
- Switch to positive thoughts.**
- Sing your favorite song.**
- Snap a rubber band worn around the wrist.**
- Stop and take ten deep slow breaths.**
- Schedule times of the day to worry.**

List Your Favorite Thought-Stopping Techniques
