

THE ANXIETY GUIDES

Intrusive Thoughts Guide

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IF THIS GUIDE WAS HELPFUL

Find a more in depth look at intrusive thoughts in
my new book,

[Take Control and Calm the Waves.](#)

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Intrusive Thoughts Guide

WHAT IS AN INTRUSIVE THOUGHT?

An unwanted thought/image/idea that enters your mind without warning. These thoughts can make you feel scared, alarmed, anxious, disgusted, guilty, and/or embarrassed.

These thoughts can appear anytime, anywhere and under any circumstance.

Intrusive thoughts are involuntary.

WHY DO INTRUSIVE THOUGHTS SEEM SO INTENSE?

Intrusive thoughts tend to focus on things that mean a lot to you (family, friends, personal image).

Underlying mental illnesses like anxiety or OCD can exaggerate these thoughts.

IS THIS NORMAL?

Yes, experiencing unwanted thoughts is normal and something everybody experiences.

They are the thoughts that go against our core values, beliefs, personality and/morals that become intrusive.

If they start to interfere with your daily life it may be time to speak with a specialist.

TIP 1: RECOGNIZE

It is important to start recognizing when you have an intrusive thought. Start tracking when they happen, what they are about, and how long you spent thinking about them.

- You can find a free printable symptom tracker at www.theanxietyguides.com

TIP 2: ACKNOWLEDGE AND FOCUS

Take time to acknowledge that the thought happened, that it's normal, and it was out of your control.

When the intrusive thought enters, focus on something you can control (try thinking of something positive, try to solve a riddle, try practicing a new language). Anything that challenges your brain.

REMINDER

Reducing intrusive thoughts take time, daily practice, and commitment.

Take it easy on yourself and take it one step at a time.

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WRITE IT DOWN



POSITIVE
MIND



POSITIVE
VIBES



POSITIVE
LIFE

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DO YOUR BEST TO FOCUS ON WHAT YOU CAN CONTROL

Tackle one negative thought at a time.

Every positive action
makes a huge difference!