

# Thought Stopping



Thought Stopping helps to

- Reduce anxiety
- Rewire or reprogram the brain
- Change the systems/patterns of thinking

## *A few suggestions*

1. Name the intuitive thinking "intrusive thinking" or something else that is funny—
2. Catch yourself doing it/recognize when it happens also recognize what's happening in your body
3. Take a deep breath and give yourself permission to stop the intrusive thinking.
4. Schedule the intrusive thinking for a later time (when that time comes allow a short period of ~10 min.)
5. Then move on to another thought or activity or guided Imagery.
6. Be patient with this new process, and practice practice practice this technique for it to be most effective.

## *Or some people*

- Speak to the intrusive thoughts to go away
- Listen to or sing along to music
- Change your words because-words contain power, for example (I have a really big problem vs. I have a really big challenge; I have to do this vs. I choose to do this) "problem" and "have to" carries feelings that may link anxiety, overwhelmed etc.
- 'Reason' with yourself,-- step out of it and view it as if you're waiting a movie
- Have compassion with yourself about the challenge then give yourself a break
- Make a decision about what and how you want to think, and how you want to behave.
- Come to a conclusion of the matter then let it go.
- Write it in a goodbye letter; telling the intrusive thoughts good bye.



*These suggestions may seem easier to read than done, but they take consistent practice and patience over time to see substantial change.*