

# List of Common Intrusive Thoughts (19+)

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In this blog, we are going to provide a list of common intrusive thoughts and cover topics like properties, causes of intrusive thoughts, types, differences between nonclinical and clinical intrusive thoughts, and their treatment.

## List of common intrusive thoughts

In 1993 two psychologists conducted a research in which they asked a number of students whether they have experienced some type of intrusive thoughts and since then data is being replicated and represents how often people experience these common intrusive thoughts. Below is a list of common intrusive thoughts:

- Driving into a window
- Swerving into traffic
- Running a car off the road
- Smashing into objects
- Hitting animals or people with a car
- Cutting off finger
- Slitting wrist or throat
- Fatally pushing a stranger or friend

- Jumping off a high space
- Pushing a stranger or a family member/friend in front of car/train
- Jumping in front of car/ train
- Hurting or insulting a strangers
- Insulting any authority figure or a family member
- Bumping into people
- Hurting, stabbing, or choking a family member
- Accidentally leaving the heat/stove on
- Taps left on in the house which makes it flooded
- Home left unlocked, intruder there
- Swearing in public
- Throwing something like glass, plate etc.
- Breaking wind in public
- Causing a public scene
- Breaking a window of a house or care
- Scratching car paint
- Wrecking something
- Grabbing or snatching money
- Shoplifting
- Holding up a bank
- Having Sex with an unacceptable person or an authority figure
- Fly/blouse undone
- Exposing oneself
- Kissing authority figure
- Acts against sexual preference
- Sex in public
- Authority figures or strangers naked
- Disgusting sex act
- Contamination from doors or phones
- Catching a sexually transmitted disease
- Getting fatal disease from strangers
- Giving everything away like money, personal belongings etc.

- Giving fatal disease to strangers
- Removing all dust from the floor and places which are unseen by the person