

When Intrusive Thoughts Show Up.

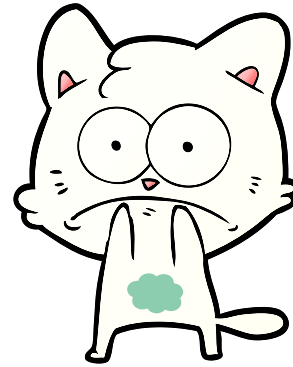
1: Acknowledge

Start by saying 'I notice I am... thinking/feeling... Do not say I am statements and instead notice that something has shown up and is a part of you in this moment, not all of you.



2: Aware

Where does the feeling show up in your body. Is it in your tummy, your shoulders? Does it feel pleasant or uncomfortable? Is it making you feel that you need to do something.



3: Acceptance

Now try to ACCEPT the feeling, let go of any judgement of the emotions and thoughts and instead be open, compassionate and non-judgemental.



4: Move towards your values

Now you are aware of these emotions or thoughts, what action can you take to move you towards your values in this moment. Does it need to be a compassionate activity or to continue with the activity that scares you?



5: Reflect

When you or if you feel ready, you can reflect on these thoughts and emotions.

Where did this emotion come from, was there a trigger. Has it happened before? Is this a negative thought pattern?



6: Repeat, Repeat, Repeat

The more you learn to name your emotions and notice that you are feeling them as oppose to are them, the less they will control you. Remember your emotions are temporary visitors.

