



Thoughts Are Not Instructions

Respond to intrusive thoughts without shame

Unwanted thoughts can feel frightening precisely because they clash with what matters to us. A thought arriving is not the same as choosing it, wanting it or acting on it. The aim here is to notice the thought without turning it into a verdict about who you are.

PAUSE AND CARE

If you feel you may act on a thought, cannot keep yourself or someone else safe, or feel in crisis, seek urgent professional or emergency support.

The thought or theme I keep getting caught by

What I fear this thought says about me

A compassionate label: "My mind is offering..."

What matters to me that this thought may be pressing against

What I can return my attention to now
