TRIGGER

Watching TV, News

INTRUSIONS

(unwanted, distressing, and persistent Thought/Image/Urge)

Image of touching a child

THOUGHTS & BELIEFS ABOUT 'INTRUSIONS'

T: Jack, we have discussed the LIST OF EVERYBODY INTRUSIONS and so you know that everybody occasionally has thoughts and images that are unacceptable to them. But you say that you still feel very bad for having these Intrusions and believe that you should be able to control them, is that right?

J: Yes, if I accept the thoughts or images… then there is definitely something wrong with me… isn't there?

T: So, you think that accepting the presence of these Intrusions means you are happy to have them?

J: Well, yes. I don't accept them. I hate them. And I need to control them!

T: Why do you need to control them? What might happen if you allowed the Intrusive thoughts and images to come in?

J: What if I lose control of my mind and actually act on them?!

T: Well we have already seen that we have no control over what Intrusive thoughts and images randomly pop into our minds, but we know what happens when we try to BLOCK or SUPPRESS an unwanted thought or image… do you remember?

J: Yes, the REBOUND effect. The thought just comes back stronger!

T: So Jack, even though you really don't want these thoughts or images, grudge-ingly ACCEPTING and TOLERATING their presence should be a more effective way to manage them, yes…?

J: Yes, that makes sense… it's just so hard to do!

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