

Intrusive Thoughts Mini-Journal Worksheet

Your full name:

Date accomplished:

Instructions: Let's help you combat your intrusive thoughts by having you log your experiences with them here! Be as descriptive as you possibly can!

1. What is the intrusive thought that entered your mind? Were there several thoughts? What was it/were they about? Elaborate as best as you can.

2. Is this intrusive thought a recurring one? Would you happen to know why this intrusive thought occurred? To be more clear, did something happen to you before that is related to the thought? If so, can you describe the experience(s) as best as you can? Or is this intrusive thought just one among many random thoughts that pop into your head?

3. What was the thought like? Was it visual (there was a scenario that played in your mind)? Or were they more verbal (like voices in your head)?

4. How were you feeling before the mental bugger popped up in your head? Please be as descriptive as you possibly can.

5. Were you doing anything at that time? Did the intrusive thought disrupt you to the point that you were not able to do what you were doing?

Suggested Actions to Help Combat Intrusive Thoughts

Continue with what you were doing.	Acknowledge how these thoughts make you feel.	Remind yourself that these are just thoughts and that they don't necessarily mean anything.
Remind yourself that these intrusive thoughts are just what they are: thoughts. You don't need to be afraid of them or act on them.	Practice mindfulness and meditate to get rid of these thoughts in a peaceful and healthy way.	Take a deep breath and allow these thoughts to simply pass.
Go for a relaxing walk or run around your neighborhood.	Watch a television show or a movie to drown out your thoughts with visual entertainment.	Draw or paint something. You can even paint sketch your intrusive thoughts if doing so is cathartic.
Drown out your intrusive thoughts with music, by listening to music or by actually playing music.	Hangout with friends and family that support you.	Other actions:
Other actions:	Other actions:	Other actions:

Suggested Actions to Help Combat Intrusive Thoughts

Other actions:	Other actions:	Other actions:
Other actions:	Other actions:	Other actions:

Did you manage to combat your intrusive thoughts? What did you do? Be as descriptive as you possibly can.