



THOUGHTS & MIND

Intrusive Thoughts Thoughts Are Not Intentions

Everyone has intrusive thoughts at times. They are **unwanted, distressing** and **don't reflect who you are**. What matters is what you choose to do, not what flashes through your mind.



What are intrusive thoughts?

They are sudden, unwanted thoughts, images or urges that pop into your mind. They can be upsetting, confusing or even frightening – and they often go against your values.

Common themes include:



Fear of
harming
yourself



Fear of
harming
someone else



Sexual
or taboo
thoughts



Contamination
or illness
fears



Accidents
or danger
scenarios



Having these thoughts does not mean something is wrong with you. It means **you are human**.



Try this: Leaves on a Stream



- 1 Picture your thoughts as leaves.
- 2 See each one float by on the stream.
- 3 Notice it, then let it drift away.
- 4 Bring your focus back to the present.

*You don't have to hold on to every thought.
You can watch it pass.*

Key things to remember

- ✓ Intrusive thoughts are common – you are not alone.
- ✓ They are just thoughts, not facts.
- ✓ They come and go – you don't have to react.
- ✓ You can notice the thought and let it pass.
- ✓ You are more than your thoughts.

What can help?



Notice and name it

Say, "That's an intrusive thought, just a passing thought."



Don't try to get rid of it

Pushing it away can make it stronger. Let it be there.



Refocus your attention

Gently shift to something in the present moment.



Be kind to yourself

You have not done anything wrong. You are doing your best.



Seek support

If intrusive thoughts are causing distress, talking to someone can really help.

When to get extra support



If intrusive thoughts are persistent, distressing or affecting your daily life, it's important to reach out. Support is available, and you don't have to face this alone.

“ Real voices ”

"I used to panic when these thoughts came into my head. I worried something was wrong with me. Learning that intrusive thoughts are common and don't define me was life-changing. I'm kinder to myself now, and I let the thoughts pass like clouds in the sky."



"They're just thoughts. They don't mean anything about me. I can choose how I respond."

– Anonymous



You are more than your thoughts. You are not alone. **Take it one breath at a time.**

