

## Intrusive Thoughts Worksheet Free

*Intrusive thoughts are unwanted thoughts that arouse without any major reason. These thoughts might or might not have any logical explanation but are a reason for your distress if you are one who is suffering from unwanted thoughts and have images and impulses then this worksheet is for you.*

*Label the thoughts that come to your mind:*

*Understand that these thoughts are irrational, negative, and automatic.*

*Attend to your negative thoughts, Don't just push them away:*

*Change and redirect yourself in any activity:*

*Engage in self-care:*

*Seek support whenever you feel like things are getting out of control:*