

## 1. Understand Why Intrusive Thoughts Disturb You

Intrusive thoughts latch onto things that mean a lot to you. This is what makes it such a disturbance for your nervous system. It could be your family, animals, your job, or your reputation.

If something pops into your mind that you're hurting an animal when you love them, it's going to get your attention. Alternatively, there are people who hunt animals so the same thought wouldn't be intrusive.

There are many unwanted thoughts running through your mind. It's the ones that go against your core values that become intrusive. An unwanted thought will naturally make you feel fear, disgust, or alarm. If you react negatively, it's going to make the thought seem even stronger.

Understanding your own core values will help you to understand those unwanted thoughts you have. You will understand why they make you feel afraid or why you'd react negatively to them.

Eventually, you can turn these obsessive thoughts into ones you can simply move

## 2. Attend the Intrusive Thoughts

You can minimize the damage of intrusive thoughts with self-help. This includes being mindful in the wake of an intrusive thought. In the moment of an unwelcome thought, you might react to them as though they're real. You may incessantly fear that you'll act upon these obsessive thoughts.

Accepting intrusive thoughts is the key to dealing with them. They no longer mean anything to you when you acknowledge them.

Don't try to figure out what it all means or use tactics to avoid causing harm to others. This causes your mind to pay extra attention to the intrusive thoughts, which is the last thing you want. How to get rid of intrusive thoughts is to see them come through you and move on.

## 3. Don't Fear the Thoughts

One of the coping mechanisms for dealing with intrusive thoughts can include avoidance. Commonly you'll avoid these intense thoughts because you don't know how to deal with them. When intrusive thoughts are fear-based, it's key not to push it away.

Talk yourself down and tell yourself it's fine. Accept that the obsessive thought is there and don't try to resist the experience. You may feel tension all throughout your body but it will pass. Trying to run and hide from a fearful thought with your own feelings of fear qualifies it.

#### 4. Take Intrusive Thoughts Less Personally

OCD thoughts are not real and yet we tend to believe them to the extent that we'll apologize for something that never happened. It's important not to take the thoughts you have as the person you are. An emotional reaction to how you think just keeps the thought alive.

Letting go of thoughts is something we do all the time. It shouldn't differ when it's a disturbing thought. You know that these intrusive thoughts are not likely to happen. Find the deeper sense of trust in yourself.

You can reason with yourself by saying,

*"This thought could become a reality but the chances are pretty slim. I won't worry about it right now. Everything is okay at this moment."*

#### 5. Stop Changing Your Behaviours

Compulsive behaviour can manifest when you try to change who you are based on the intrusive thoughts you experience. OCD thoughts are not real so changing your reality to try to work around it is not a solution.

Compulsions are mental behaviours you'll do to get some kind of comfort or certainty about these thoughts. Somewhere in your mind, you believe that obsessive hand washing is how to get rid of bad thoughts forever.

You may change your life around too. If you have intrusive thoughts about kids, you may avoid parties for example. You can't avoid triggers of these obsessive thoughts. This strategy just keeps the cycle going.

#### 6. Medications that Help with Intrusive Thoughts

- talk to your GP