



## Intrusive Thoughts Worksheet

Trying to avoid intrusive thoughts increases their frequency and the intensity of the associated emotions. The first step towards dealing with them is not active avoidance but confrontation. Whenever you feel disturbed by an intrusive thought that keeps coming back, use the table below to note down details that can help you in learning how to overcome them.

<b>What is the thought about? What is the general theme of the thought?</b>	<b>What were you doing prior to having this thought? What other significant detail can you mention about your situation at the time?</b>	<b>What emotions did it bring up?  Rate your emotions on a scale of 1 - 10</b>	<b>How distressing was the thought?  Rate on a scale of 1 - 10</b>	<b>Add this symbol (⊗) every time the thought occurs throughout the day.</b>

## References

[Clark, A.D. \(2005\) \*Intrusive Thoughts in Clinical Disorders: Theory, Research, and Treatment\*. Guilford Publications.](#)

You can download more Mental Health worksheets [here](#).

**Please note:** There may be a more up-to-date and editable version of this worksheet available [here](#) which may be more suitable to present to clients if you are a therapist or to use in a classroom as a teacher or guidance counsellor.