

humantold

1. Thought Stopping

Thought stopping is a skill that helps to reduce worry/stress by stopping worry/stress thoughts. For this skill to work, you need to be aware when you are having a hard time controlling worry/stress thoughts. Thought stopping involves using words or images as cues to stop worry/stress thoughts and then redirecting or changing your attention to activities/thoughts that involve various senses (for example, the sights and sounds in your environment).

Steps to Take:

- Be aware of worry/stress thoughts.
- Disrupt the worry/stress thoughts by telling yourself (silently or out loud) "STOP!" Direct your attention to other things going on around you, right away.
 - Ex: 1. Look around in the room and make note of the color of the walls, pictures that are hanging in the wall, details of the pictures and contrast of the colors in the pictures with the color of the wall. Count how many windows are in the room. Look outside the window and pay attention to details of what you see outside.
 - Ex: 2. Try smelling a scented candle to enhance your sense of smell, or touching a soft blanket to enhance your sense of touch.
 - Ex: 3. Deep breathing or meditation.

Activity

Specific things I can do to practice Thought Stopping:

- 1.
 - 2.
 - 3.
 - 4.
 - 5.
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