FORM 7.8

Problematic Responses to an Unwanted Thought

We often notice that we have thoughts that we do not want to have and we try to do something to get rid of them or suppress them. This might include telling ourselves to stop thinking that way, seeking reassurance, saying the opposite of the thought, avoiding situations where we might have the thought, etc. In the left-hand column, list some of the unwanted thoughts that you have. In the middle column, list some things that you have done to try to control or get rid of the thought. In the right-hand column, describe what the outcome was. Did it really work in the long run?

Thoughts that bother me	Attempts to control or suppress	Outcome

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