

Dealing with Intrusive Thoughts

Dr. Milton Magness – 30 Days to Hope and Freedom

Tools to use to challenge intrusive thoughts; avoid problem behavior

- Thought Replacement
- Pop and Pray
- Stop Thoughts
- Feelings Check
- Prayer and Meditation
- Schedule Intrusive Thoughts
- Reframing
- Attitude Shift
- Bored List
- Find the Distortion
- Problem Solving
- Imagine the Worst
- Physical Exercise
- Stay Present
- God Box
- Texas Three Step:
 - Break visual contact; Humanize; Pray