

Worksheet: Mindfulness Tools + Tracking Log

Part 1: Mindfulness Tools to Practice

Use this list to explore mindfulness tools that can help you manage intrusive thoughts. Try one or two and notice how they shift your focus back to what really matters.

1. Foreground/Background Shift - Notice how attention affects what seems 'loud.'
2. 3-3-3 Grounding - Name 3 things you see, feel, and hear.
3. Body Scan - Notice your posture, tension, thirst, or hunger.
4. Anchor Visualization - Drop an anchor into your chest, abdomen, or feet.
5. 10-Minute Object Meditation - Gaze at an object and gently return attention.
6. Mindful Eating - Eat slowly with full sensory attention.
7. Reminder Cues - Sticky notes or phone alarms to prompt mindfulness.
8. Mindfulness Mantra - 'Intrusive thoughts are brain spam' or 'Be here now.'
9. Drawing Attention - Mindfully sketch an object in front of you.
10. Dance With the Thought - Literally sing or dance while holding a thought.
11. Mindfully Tolerate Discomfort - Watch a hard clip and observe responses.
12. Guided Meditation - Use an app or self-guided object focus.
13. Check-In Moments - Use meal prep, showering, or transitions as mindfulness cues.
14. Repetition to Reduce Power - Repeat thought until it gets boring.
15. Write It Out, Let It Go - Journal intrusive thoughts nonjudgmentally.

Part 2: Tracking Log - Try a Tool & Reflect

Now that you've reviewed your mindfulness options, use this log to track your practice. Note what tool you tried, what intrusive thought showed up, and how you felt before and after.

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