

Play With Your Thoughts - Creative Worksheet

Intrusive thoughts feel intense and urgent-but you don't have to treat them like a crisis. This worksheet gives you 10 playful, science-based ways to take the power out of your intrusive thoughts. These creative strategies help you practice cognitive defusion and reduce the emotional punch of brain spam.

10 Ways to Play With Your Thoughts:

1. Write it down in 5 different fonts and sizes.
2. Say your intrusive thought backwards-word by word or letter by letter.
3. Draw your thought as a cartoon character with a silly name.
4. Sing your thought to the tune of a children's song.
5. Create a thought bubble-draw yourself and the thought floating above your head.
6. Write a love letter to your intrusive thought using absurd, dramatic language.
7. Give your thought a superhero or villain identity (e.g., Captain Catastrophe).
8. Make up a ridiculous story about where the thought came from (alien transmission, mind gremlins, etc.).
9. Scribble the thought down with your non-dominant hand and notice how silly it looks.
10. Turn the thought into a short, over-the-top poem or rap.

Reflection Prompts:

- * Which exercise made the thought feel smaller or less serious?
- * Did you notice any shift in your emotional reaction?
- * What surprised you about the process?
- * Could you imagine using one of these tools in real time?