

Thought Detective

What is a thought?

A thought is something that our brain says inside our head. It's not always true, and we don't have to believe it! Sometimes thoughts can be scary or nasty. That is okay!



Intrusive thought or helpful thought?

☐

I might hurt someone just by thinking it

☐

I can talk to a trusted adult when I get worrying thoughts

☐

Thoughts are just words in my brain, they won't happen

☐

If I think something bad, it means I am bad

What makes a thoughts intrusive? What helps you tell the difference?



What happens in my body when I have an intrusive thought?

☐

Fast Heartbeat

☐

Feels restless

☐

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☐

Feels hot

☐

Tight Tummy

☐

.....

Give your intrusive thought a name!

Sometimes, it can help to give your intrusive thought a funny name like Mean Mr Thought or Sneaky Thoughty!

My thought's name is

What does it say?



What can I say back?

If you think that, it means you are bad!	Nope! Everyone has silly thoughts. I am still good.
This thought will never go away!	It's just passing by, like a cloud in the sky



What can I do?

When an intrusive thought won't leave your mind, you can :



Take 3 slow breaths



Squeeze your fists, then let go



Draw or tell your trusted adult what the thoughts was



Remind yourself 'It's just a thought, I don't have to listen'



My reminder card

Write or draw your favourite 'power thought'. You can use it to challenge your intrusive thoughts as they arise.

