

EXERCISE: How Hard Do You Try to Inhibit Intrusions?

To determine your mental-control effort, review the intrusive thoughts recorded in your mental-intrusion diary. Then respond to these questions in terms of your experience with unwanted intrusions.

1. In comparison to other thoughts that pop into your mind, how much effort do you put into actively inhibiting distressing intrusive thoughts? How hard do you try not to think about the mental intrusion? Place a tick (✓) next to one of these responses:

_____ *Try really hard*

_____ *Try moderately hard*

_____ *Put slight effort into thought inhibition*

_____ *Do not try to inhibit the intrusion*

2. How often do you engage in active mental control of intrusive thoughts? Place a tick (✓) next to one of these responses:

_____ *Every time I have the intrusion.*

_____ *Only when I'm feeling distressed or upset.*

_____ *Usually I don't try to control the intrusion.*

_____ *I never try to control the intrusion.*

3. How difficult would it be to completely stop efforts to inhibit, dismiss, or not think about your distressing intrusive thoughts? Place a tick (✓) next to one of these responses:

_____ *Almost impossible*

_____ *Very difficult*

_____ *Somewhat difficult*

_____ *Not at all difficult*

If you were inclined to check one of the first two options in this set of questions, it's likely you are putting considerable effort into mental control.