

EXERCISE: Your Intrusion Proneness Checklist

Place a tick (✓) beside the statements that describe your experience with intrusive thinking.

- _____ *I'm a creative, divergent thinker.*
- _____ *I have experienced a past traumatic event.*
- _____ *I've had several major life problems or concerns.*
- _____ *I experience frequent negative mood states.*
- _____ *I consider myself an emotional person.*
- _____ *I often overanalyze or overthink issues.*
- _____ *I have difficulty controlling unwanted thoughts.*

If you ticked three or more statements, you might be more inclined to experience frequent and distressing unwanted intrusive thoughts. However, this does not mean you are destined to live a life of perpetual distress, because there is probably a positive, creative side to your thinking that is being neglected.