

The following is excerpted from Psychology Today  
<https://www.psychologytoday.com/us/blog/living-sticky-mind/201907/unwanted-intrusive-thoughts>

Here are the steps for changing your attitude and overcoming unwanted intrusive thoughts:

- Label these thoughts as "intrusive."
- Remind yourself that these thoughts are automatic, unimportant, and not up to you.
- Accept and allow the thoughts into your mind. Do not try to push them away.
- Float and practice allowing time to pass.
- Remember that less is more. Pause. Give yourself time. There is no urgency.
- Expect the thoughts to come back again.
- Continue whatever you were doing prior to the intrusive thought while allowing the anxiety to be present.

Try not to:

- Engage with the thoughts in any way.
- Push the thoughts out of your mind.
- Try to figure out what the thoughts "mean."
- Check to see if this is "working."

This approach can be difficult to apply. But for anyone who tries it for just a few weeks, there is an excellent chance that they will see a decrease in the frequency and intensity of unwanted intrusive thoughts.