

Cognitive Shifting Through Sensory Anchors

Objective: Replace intrusive thoughts with grounding sensory experiences.

1. Identify the Intrusive Thought

Write down the intrusive thought you're experiencing:

2. Choose a Sensory Anchor

Select a sensory experience to refocus your mind (e.g., holding an object, listening to a specific sound, or visualizing a calm scene).

What is your sensory anchor?

3. Engage Fully in the Sensory Anchor

Spend 1-2 minutes immersing yourself in this experience. Use the prompts below to deepen your engagement:

What does it feel/sound/smell/look like?

4. Reassess the Intrusive Thought

After engaging with your sensory anchor, how has the intensity of the thought changed?

5. Plan for Future Intrusions

List other sensory anchors you can use: