

## Progressive Thought Reduction

Objective: Gradually minimize the impact of intrusive thoughts.

1. Write Down the Disturbing Thought

2. Rate the Thought's Intensity (1-10)

Initial intensity level:

3. Challenge the Thought's Validity

Ask yourself:

Is this thought realistic?

What evidence supports or contradicts it?

4. Reframe the Thought

Create a less intense or neutral version of the thought.

New thought:

5. Rate the Intensity of the New Thought (1-10)

New intensity level:

## 6. Repeat the Process

Continue reframing until the thought's intensity is reduced to 1-2. Write down each revised version below: