

Stop and Swap Technique

Objective: Interrupt negative thoughts and replace them with a positive alternative.

1. Write Down the Intrusive Thought

2. Stop the Thought

Use a physical action (e.g., snapping a rubber band on your wrist or clapping) or say “STOP” aloud.

What action will you use to interrupt the thought?

3. Choose a Positive Thought

Replace the negative thought with a positive or neutral one.

Positive thought:

4. Visualize the Replacement Thought

Take 1-2 minutes to picture the positive thought vividly. Write what you imagined:

5. Reinforcement

Repeat the replacement thought 3 times to yourself. How do you feel now?

