

Values Oriented Distraction

Objective: Redirect focus to meaningful activities aligned with personal values.

1. Identify the Intrusive Thought

2. Explore Your Core Values

List 3 core values important to you:

- 1.
- 2.
- 3.

3. Connect the Values to Actions

What can you do now that aligns with these values (e.g., helping others, working on a hobby)?

4. Engage in the Activity

Set a timer for 10-15 minutes and fully engage in the chosen activity. Describe what you did:

5. Reflect on the Experience

How did focusing on your values impact the intrusive thought?