

## Visualization and Dissociation

Objective: Mentally "shrink" the intrusive thought to reduce its power.

### 1. Name the Intrusive Thought

### 2. Visualize the Thought

Picture the thought as a tangible object (e.g., a cloud, a balloon, or a box).

What does it look like?

### 3. Dissociate from the Thought

Imagine the object shrinking, floating away, or dissolving. Write what happens:

### 4. Use Guided Imagery

Close your eyes and envision a peaceful scene where the thought has no place. Describe the scene:

### 5. Reassess the Thought's Impact

After the visualization, how strong is the intrusive thought (1-10)?