



Thought suppression exercise

Adapted From: Steven C. Hayes (2005) Get out of your mind and into your life.



Picture a big red bus



Ask yourself how many times have you thought about a big red bus this week?

Next spend five minutes not thinking about or picturing a big red bus.

How many times did you picture a big red bus, even briefly?

Next spend five minutes thinking about something else, anything.

How many times did you picture a big red bus, even briefly?

This exercise is an example of how trying to avoid something, a thought, feeling, behavior is not easy and in fact trying not to think about it makes it more likely that you will think about it over time.