



THOUGHT STOPPING

This is a technique originally developed for people with disabling obsessions. It is used to try to control unwanted intrusive thoughts. For some people there are a lot of similarities between these kinds of thoughts, voices and persecutory feelings and so it was thought that the technique might be useful.

First Session

You raise your hand when the voices start. The person with you then shouts, “stop it”, until you drop your hand to indicate that the voices have stopped. This is then repeated.

Counting the number of times “stop it” is shouted before there is an effect can be a useful barometer of progress as this usually decreases with repeats of the exercise.

Second Session

Everything is the same apart from now it is you that shouts, “Stop it”, until the voices go. You can try decreasing the volume of your voice as you get more practised.

Practice between sessions before saying, “stop it” in your head if in a public place.

Third Session

As before but you whisper “stop it”, until the voices go.

Fourth Session

As before, but now you practise just thinking “stop it”, until the voices go.