



ENABLE EXERCISE #24

STOP Thoughts—Anti Rumination Tool

Ruminating and obsessive thoughts, such as urges are fairly typical and can happen to anyone at any time. The STOP Thought technique is one way to deal with this, and can help reduce your stress.

STOP Thought is an effective cognitive coping strategy to reduce rumination and obsessive thinking.

STEPS

1. Recognize that you are ruminating or obsessing on a particular thought.
2. "STOP!" Imagine a stop sign in your head or tell yourself "Stop" mentally.
3. Divert your thinking elsewhere.
4. If the thought returns, repeat the STOP Thought technique.

Like other cognitive tools and techniques, results with STOP Thought tend to improve with practice.