

# How to Deal with Negative Intrusive Thoughts

When you are in pain, your thoughts can make the pain feel worse. Negative or intrusive thoughts can amplify pain and increase stress. Learning how to manage them helps reduce suffering.

## Why It Matters

- Stress and negative thinking increase tension in your body.
- Tension makes pain feel stronger.
- Breaking the cycle of pain and negative thoughts gives you more control.

## Simple Strategies

- Notice the Thought – When a negative thought comes, pause and recognize it.
- Name It – Say to yourself: 'This is just a thought, not a fact.'
- Breathe – Take slow, deep breaths to calm your body.
- Refocus – Shift attention to something else (stretch, walk, or focus on your surroundings).
- Replace – Swap the negative thought with something constructive. Example: instead of 'I can't handle this pain', try 'I'm learning ways to manage this pain.'

## Tools That Can Help

- Journaling your thoughts
- Mindfulness or meditation
- Listening to calming music
- Talking to a friend or counselor

## Goal

You cannot always stop negative thoughts, but you can choose how to respond. By practicing these steps, you reduce their power and prevent them from amplifying your pain.

## Thought Log Practice

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