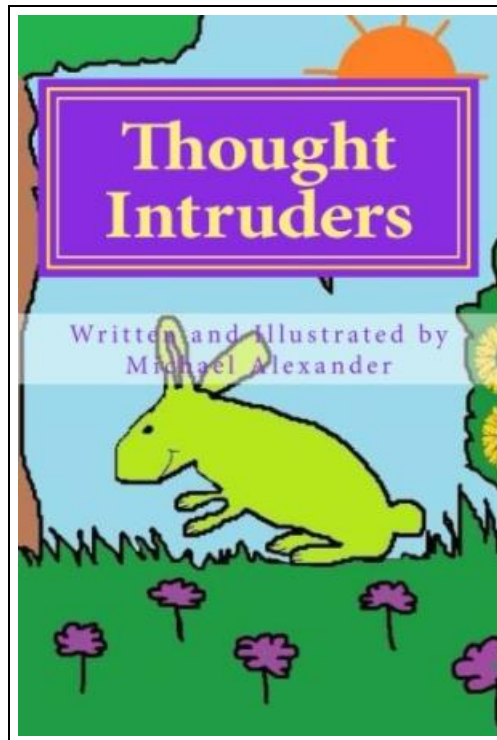


## Thought Intruders: Invasive Green Bunnies, Purple Polar Bears, Polka Dot Snakes, Yellow Horses, and Orange Elephants (Paperback)



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## THOUGHT INTRUDERS: INVASIVE GREEN BUNNIES, PURPLE POLAR BEARS, POLKA DOT SNAKES, YELLOW HORSES, AND ORANGE ELEPHANTS (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2017. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. A few years back I read a book by Daniel M. Wegner entitled, -White Bears and Other Unwanted Thoughts: Suppression, Obsession, and the Psychology of Mental Control-. It was one of those books that I read at a time when I felt like I needed to, and one that has had a lasting impact on me. For those of you who have an interest in psychology, or struggle with invasive and unwanted thoughts, I do recommend that you check out this book. Hopefully needless to say, that if it is a severe problem that requires professional assistance, please do seek help. After having read the book, I began to utilize the ideas in work. Instead of a white bear, I used a green rabbit. Kids were handed a green marker, a green piece of construction paper, and an image of a green rabbit was placed in the middle of the table. They were all then instructed to think of anything they wanted, but to avoid the thought of a green rabbit. Each time the image of a green rabbit entered their minds, they were to make a check mark on the paper. Some kids covered the paper in check marks. Others were a bit more successful, having much less checks than some of their peers. It was expressed that the rabbit was a representation of intrusive thoughts that can sometimes occupy our time and zap us of energy. These thoughts can be that of a loss, a poor grade, concern about the future, or something that has occurred in the past. When we tell ourselves that we will not think of X , the first thought that pops into...

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