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### Thought Stopping Journal

It may seem at times that our thoughts are “easy” to control. We may tell ourselves to simply “stop thinking negatively” or “stop thinking about depression.” Try an experiment. Take two minutes to STOP thinking about an elephant. Start now.....

What did you notice when you tried to force yourself to STOP thinking about an elephant?

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Part of moving forward with your depression will be to develop skills to not try to control your thoughts but rather become more mindful and aware of your thoughts and then learn how to accept some of your painful thoughts and feelings. What are some of the thoughts and feelings you spend the most amount of time trying to control?

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Now imagine the elephant, but this time put the elephant in a box and then put it in a closet. Is it more or less difficult to STOP thinking about the elephant when it is contained? Why?

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What strategies can you use to “contain” the thoughts that you spend the most amount of time trying to control?

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