

Sometimes you'll be casually
going about your day when
suddenly—



flow

BAM. Your mind hits you with
an intrusive thought.

It can be just a
flash that goes
away quick,



but other times, it
can build on itself.



You start to wonder, "WAS
that thought intrusive, or
did that come from me?"



It's a super scary thing to
not trust your own mind.

It's pretty normal to have intrusive thoughts. We all can get them occasionally.



Some get them more than others, though.

It makes it really easy to
decide that your intrusive
thoughts are part of who
you are.



Those thoughts don't define you,
though. What defines you is
how you respond. That is
who you are.



Sometimes that second thought
is enough.



Other times, you might need
more help. And that's okay!



However you can best fight
the battle & win.