



Increases frequency and salience of intrusive thoughts

Negative intrusive thought

Attempts to eliminate the intrusive thought only paradoxically increase it - trying not to think becomes another compulsion.

Dysfunctional beliefs (threat & personal responsibility)

Beliefs are unchallenged and reaffirmed

Negative appraisal: overestimated responsibility and threat cause discomfort

Attempts made to neutralise the intrusive thought - to reduce risk and responsibility

Reinforcement

Short-term reduction in discomfort

