



# Common Myths About INTRUSIVE THOUGHTS

There are many myths about intrusive thoughts that can confuse teens who are experiencing this mental health symptom. Myths like these can contribute to the stigma surrounding the treatment of mental health and make it harder to find help. Learn the facts and make sure you get the help you need.

## MYTH

Having intrusive thoughts mean you want to act on them.



## FACT

Intrusive thoughts can often reflect the things you least want to have happen, like thoughts about harming others or yourself. These thoughts are involuntary and in no way mean that you want to act on them.



## MYTH

These thoughts say something about who you are.



## FACT

There is no reason to feel guilt about intrusive thoughts. The content of these thoughts does not reflect your character.



## MYTH

You have to fight back against intrusive thoughts.



## FACT

While it may seem natural to try to avoid or repel intrusive thoughts, one of the best strategies to find relief from them is by acknowledging them. This can be challenging, and working with a mental health professional can help you build the healthy coping skills you need.



If you have concerns about intrusive thoughts, mental health treatment at Ascend can help you better understand and cope with them. Learn more about our outpatient and residential programs for teens to find the support you need today.

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# Common Thoughts

**Patrick Vollmar**



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