

Allowing pain... a little bit at a time

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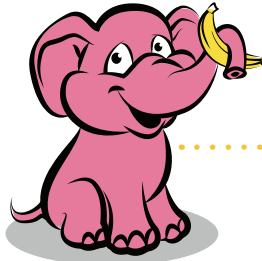
Suppression is not very helpful in getting rid of painful thoughts and feelings.

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If you find yourself **repeatedly** blocking out thoughts or memories, it's likely you are using suppression to avoid emotional pain.

WHY IS SUPPRESSION UNHELPFUL?

Suppressing thoughts makes the thought bigger and louder! Here is an example.



For the next 30 seconds, close your eyes and try your hardest NOT to think about a baby pink elephant holding a banana in its trunk.

Did you think about the elephant? Of course you did!

THE CYCLE OF SUPPRESSION

In order to NOT think about something, our mind has to pay attention to it, and also remember what we are trying to ignore. It is an impossible task for our minds! Putting effort into blocking out upsetting thoughts, memories, or situations doesn't work.



REDUCING
VULNERABILITY