

Thought-Stopping Band

Goal: Practice on any intrusive or unhelpful thought 20 times a day for one week.

Equipment: Soft, wide elastic hair tie or silicon wrist band (not a thin rubber band).

Step 1: Wear the Band

Place the band on your non-dominant wrist - fit snug, never tight.

Reminder color: _____

Step 2: Notice the Thought

The instant you catch a worry, rumination, or craving 3 or more out of 10 intensity, pause.

Example trigger or thought: _____

Step 3: Snap & Say 'Stop!'

Gently pull the band 1 to 2 cm and release - mild sting, no mark. Whisper or think: 'Stop!'

Did it work? Circle one: Yes / No

Step 4: Shift Breath Once

Take one slow diaphragmatic breath: inhale 4 sec, exhale 6 sec.

SUDS before: _____ SUDS after: _____

Step 5: Replace the Thought

Recite a Balanced Thought or mantra.

New Thought: _____

Step 6: Log & Reset

Tick box and note 0 to 10 change in intensity.

Intensity Change: _____

Safety Cap

Max 20 snaps per wrist per day. If irritation occurs, press thumb into opposite palm instead.

Notes or modifications: _____

