

## Thought **Suppression**



When we are confronted by painful thoughts or memories it is natural to want to push them away.

Unfortunately, human beings are not very good at **not** thinking of something

You can try this for yourself:

For the next 30 seconds, try as hard as you can not to think of a white bear.

Count how many times you think of a white bear.

You will probably find that it's quite difficult

The more we try to **NOT** think of something, the more we end up thinking about it.

Further, once we have stopped trying-not-to-think-of-something there is a tendency to think more than usual about that thing. This is sometimes called the 'rebound effect'.