

# ***Boice Counseling***

## **Thought Stopping**

Taken from the Emotional Freedom Technique, the following exercise will help trick your brain into stopping an obsession or rumination.

Tap your hand with your fingers. The point on the hand to tap is on the back of the hand, between the pinky and ring finger knuckles. Not actually between the knuckles, but on the hand in that area. Keep tapping this spot throughout. It is an acupuncture spot.

As you tap do the following, slowly:

1. Close your eyes and then open them
2. Look down to one side without moving your head
3. Look down to the other side without moving your head
4. Roll your eyes in a large circle (keep tapping throughout)
5. Roll your eyes in the other direction
6. Hum 5 musical notes (may I suggest "Happy Birthday?")
7. Count to 5
8. Hum those 5 musical notes again

Here is what is happening in your brain. You are engaging different parts of your brain that you don't normally engage in that sequence. How often do you roll your eyes, while tapping your hand, then hum and then count?

The thought on which you are obsessing and would like to stop, will have a hard time going from one area of the brain to the other. Try doing this 5-6 times until you memorize it. Pay attention to how hard it is to concentrate while you are doing this. Pay attention to where you have a hard time tapping during the sequence. If you have a hard time doing this and keep forgetting the sequence it likely means that is where you will lose the thought as well. The goal is to stop the brain briefly from its normal function.

**Another way** to stop thoughts is also a relaxation technique. It is the one in which you count to 7 while you breathe in, count to 7 while you hold the breath, count to 7 as you breathe out and count to 7 as you hold that. Keep repeating it, counting on your fingers, until your brain feels overwhelmed trying to do so much. This often results in thought stoppage.

If these two techniques do not work for you, feel free to see a counselor to learn more techniques that best suit you.

*If you need or want more help getting relaxed, give a call or e-mail me:  
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