

Webinar: Treating Intrusive Thoughts and the Inner Critical Voice



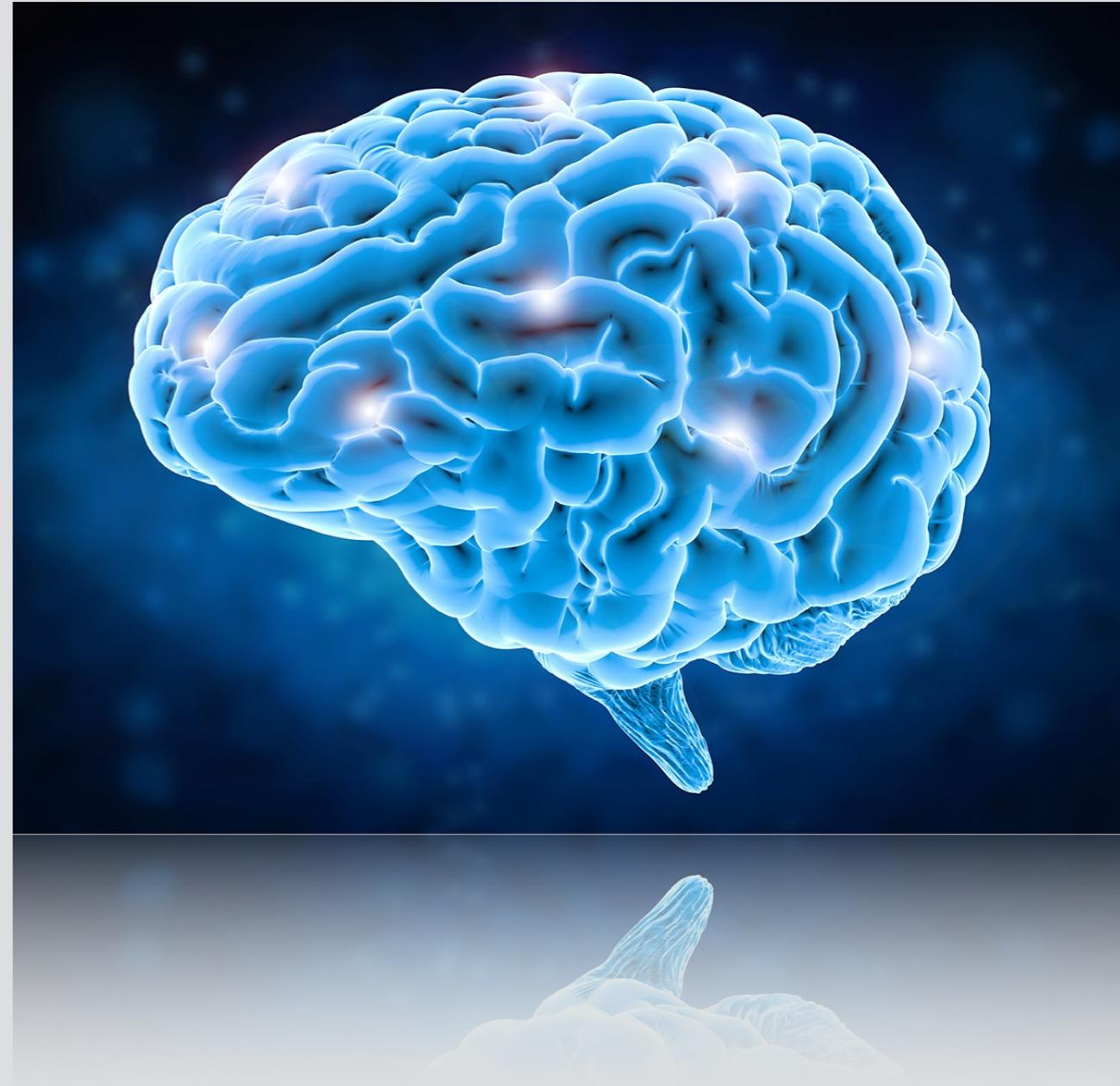
With

Wale Oladipo

www.mindbodybreakthrough.net

Webinar Outline

- **Basic understanding and Regions of the Brain Implicated**
- **Recovery Tips**



Session 1

Basic understanding and Regions of the Brain Implicated

What Is Intrusive Thought?

Intrusive thoughts are unwanted involuntary thoughts, images or ideas that are distressing, unsettling and generating huge anxiety in the process.



Types of Intrusive Thoughts

1. Inappropriate Sexual Thoughts

intrusive thoughts of "kissing, touching, intercourse, fondling, rape, etc. This could be directed to friends, coworkers, strangers, parents, children, family members, and animals, involving persons of any age.

2. Inappropriate Aggressive/Violent Thoughts

- urges to violently attack, hit, harm or kill a person, small child, or animal causing harm to elderly people.**
- impulses to shout at or abuse someone, or attack and violently punish.**
- imagining or wishing harm upon someone close to you.**

3. Blasphemous Religious Thoughts

- repetitive and intrusive blasphemous thoughts**
- sexual thoughts about God, saints, and religious figures**
- thoughts of being possessed**
- bad thoughts or images during prayer or meditation**
- fears of sinning or breaking a religious law or performing a ritual incorrectly**
- fears of omitting prayers or reciting them incorrectly**
- urges or impulses to say blasphemous words or commit blasphemous acts during religious services.**

4. The Inner Critical Voice

What is the inner critical voice?

The inner critic, or the critical inner voice, is the inner-chatterbox that relentlessly attacks a person's mind, causing shame, guilt, anxiety and stress.



The inner critics are often the psychic representations (inner perpetuation) of our past traumatic experiences.

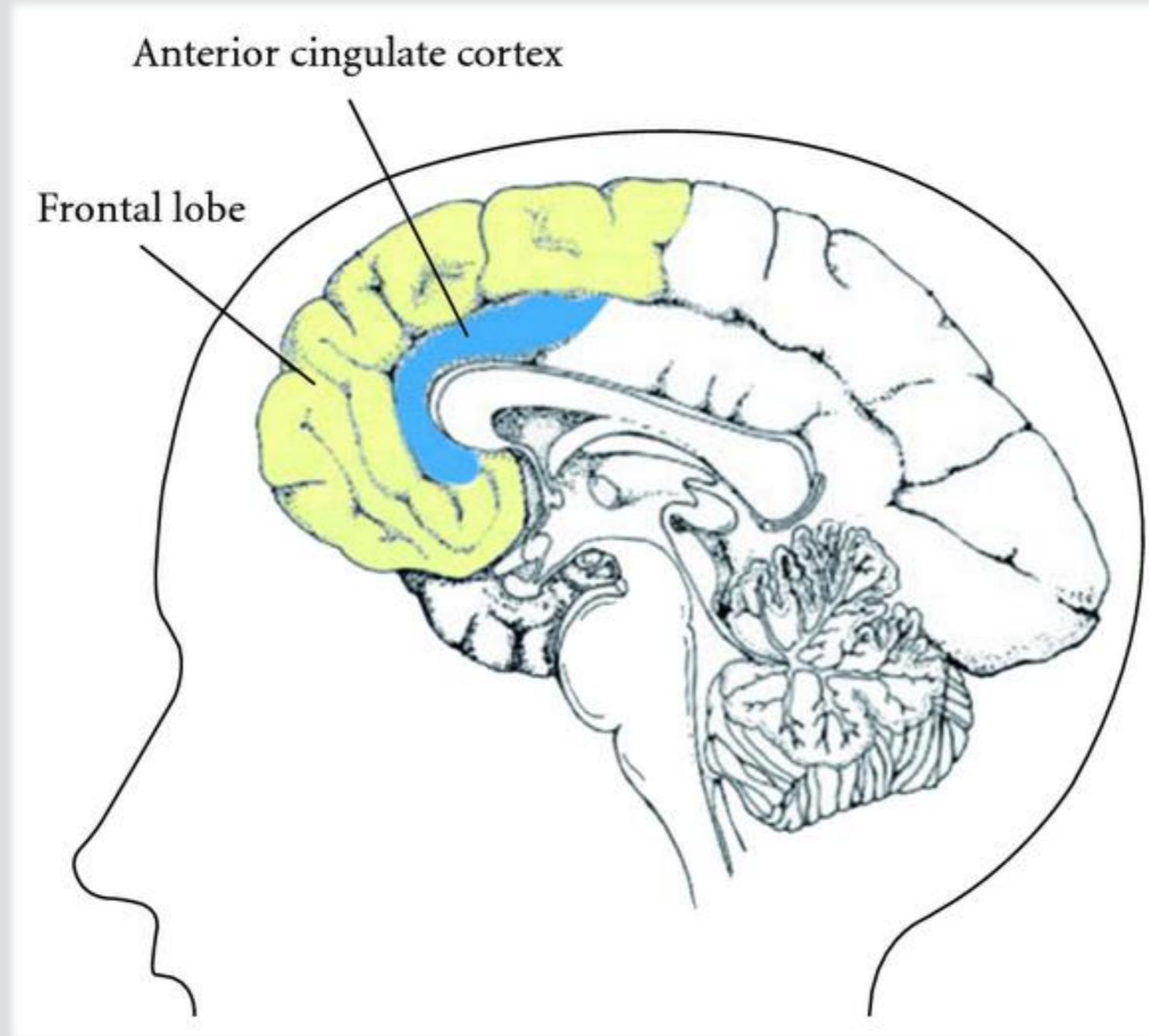
The Region of the Brain Involved in Intrusive Thoughts

Anterior Cingulate Gyrus (ACG): Functions, Issues and Recommendations

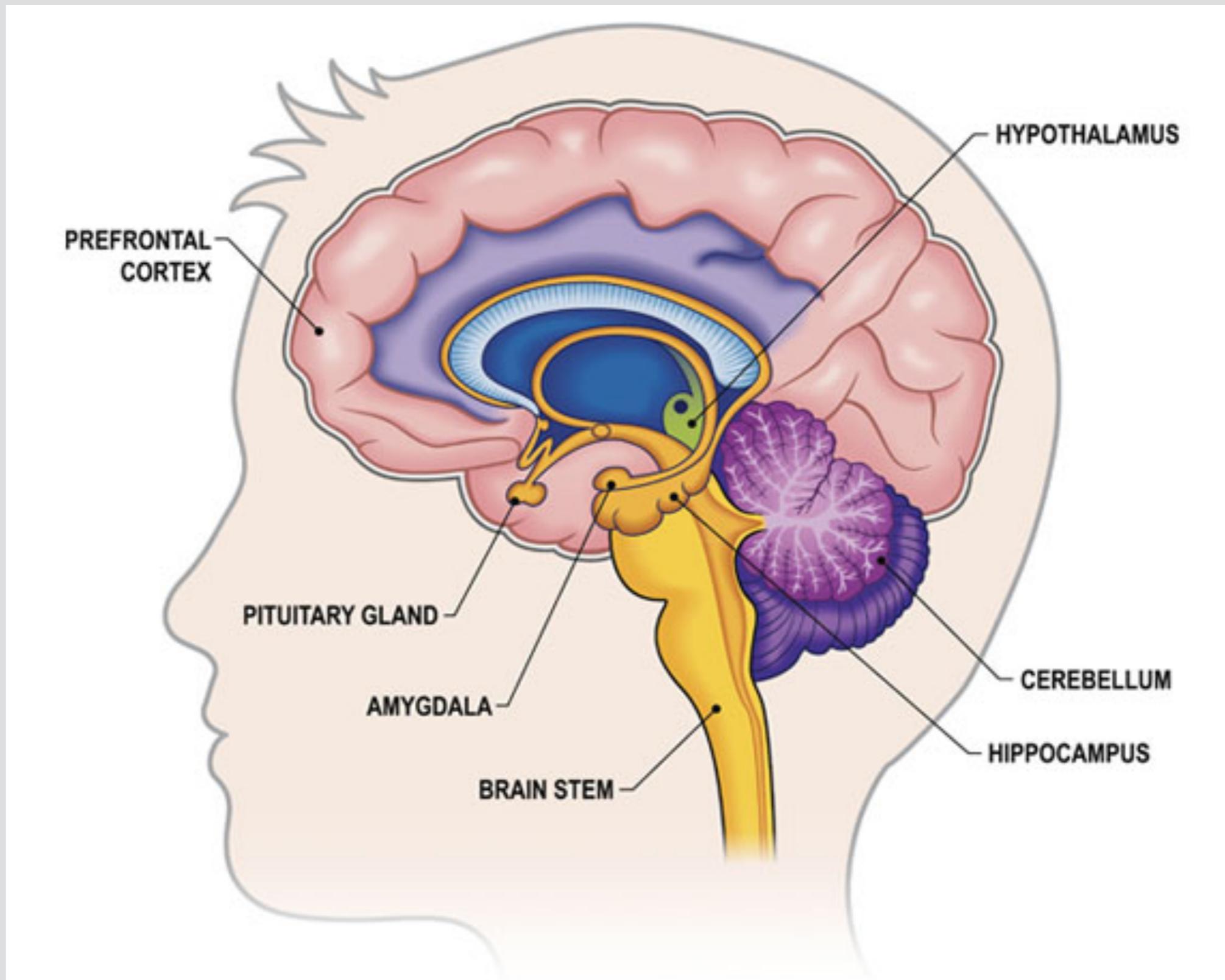
(McGovern RA & Sheth SA, 2017)

Anterior Cingulate Gyrus (ACG)

This is the region of the brain known as the gear-shifter. It is involved in cognitive flexibility, self-sensing and consciousness



(McGovern RA and Sheith SA, 2017)



Hypo-activation of the PFC and insufficient top-down control found in anxiety disorders:

Ball, T.M. et al., 2012; Goldin et al., 2009; Etkin et al., 2006; Lee et al., 2012

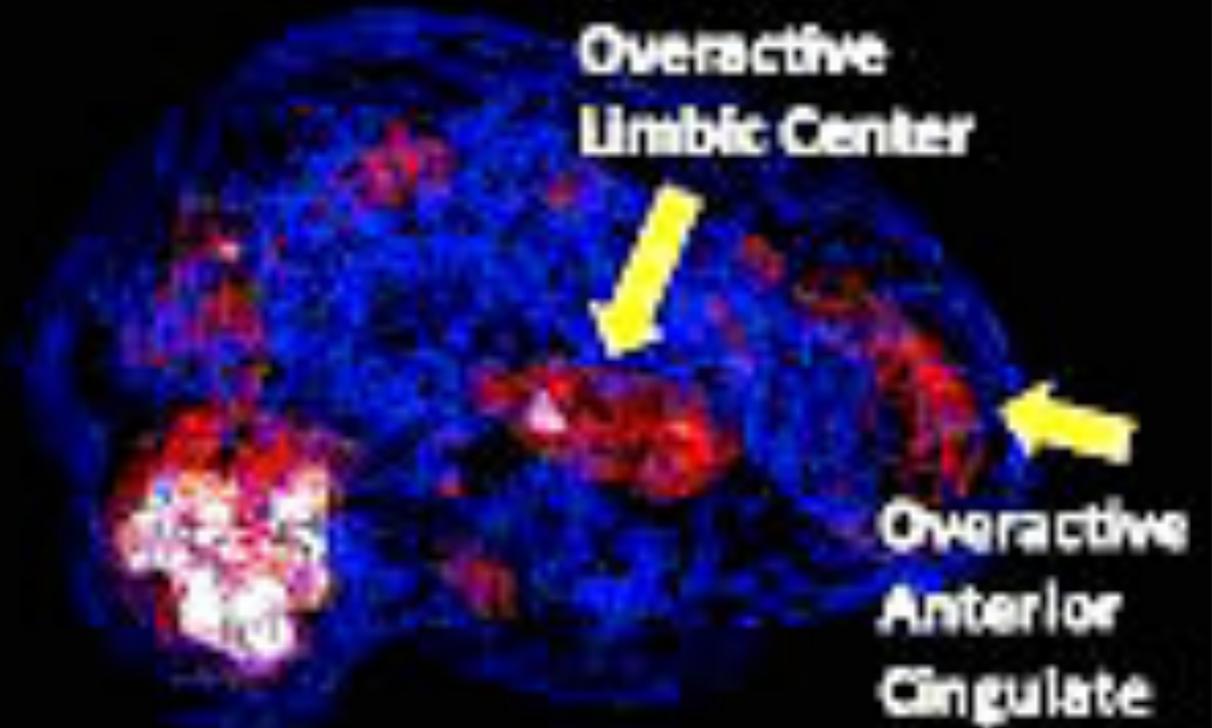
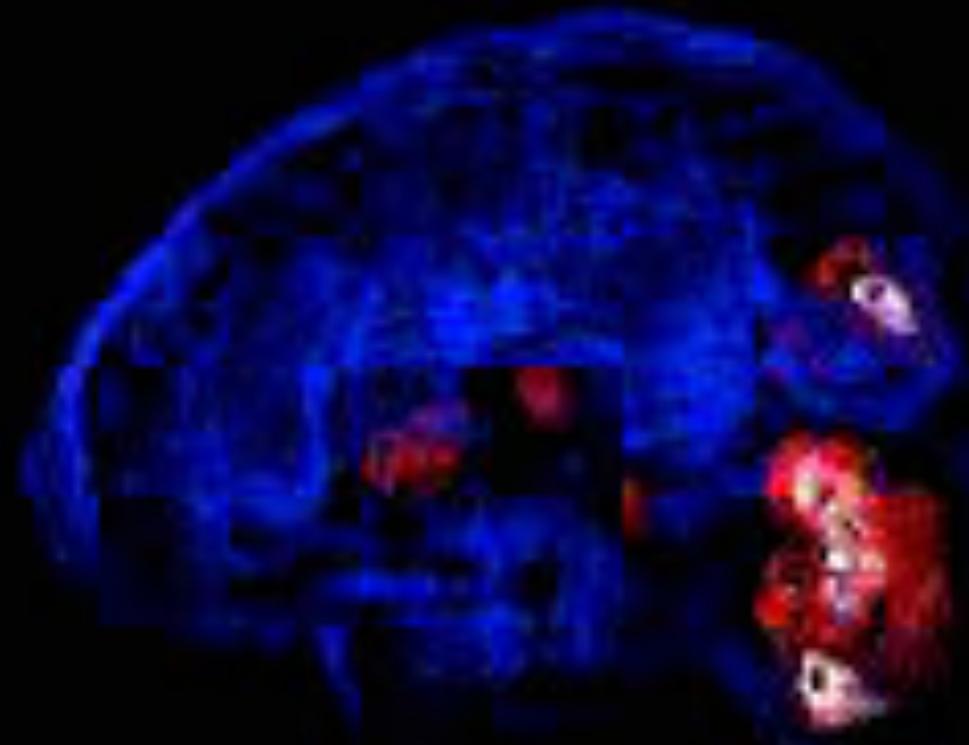
Session 2

Recovery Tips

SPECT Brain Imaging Study on Overactive Anterior Cingulate Gyrus

NORMAL SCAN

OVERACTIVE LIMBIC AND CINGULATE



Calming Down the ACG Overactivity

1. Improved nutrition to favour more **serotonin** production. Balance protein (30%) with carbohydrate (40%) at every meal and consume reasonable amount of healthy fat (30%) (best option is mono-unsaturated fat found in olive oil, nuts, avocados etc.) (Hollander E, 1996;2005)
2. Consider more **anti-inflammatory** diet. Drastically reduce your sugar intake. Consider cutting down on high density carbohydrate foods (starches and grains) and have more low density carbohydrate foods (fruits and vegs). Todoric J. Et al. 2006; De Luca C. Et al. 2008; Sears B. Et al. 2011)
3. Exercise regularly. Regular exercise calms worries and increases cognitive flexibility. Exercise works by increasing the brain levels of L-tryptophan and up-regulating the BDNF-Serotonin Systems (Pietrelli A, et al. 2018; Pietrlli A. et al. 2018)

Calming Down the ACG Overactivity

- 4. Positive distraction techniques: Play with a pet, take a walk, sing a favourite song, listen to music, talk to a friend, etc (Privitera GJ, et al., 2014)**
- 5. Regular acts of kindness, such as volunteering or other activities that help others and prove kindness (Rowland L, et al., 2019)**
- 6. Find your passion and purpose, and practise gratitude daily (Musumari P.M et al., 2018; Strinnholm S. et al., 2019)**
- 7. Consider essential brain health supplements such as, magnesium, B complex vitamins, vitamin D, vitamin C and Omega 3 fatty acids (flaxseed oil for vegetarians) (Dagnino-Subiabre A. 2019; Pérez M.Á. et al. 2018)**
- 8. Daily meditation to build new brain's neural networks for calm and confidence (Saeed S.A et al. (2010)**

Shrinking the Inner Critics

8 Inner Critics

1. The Perfectionist

2. The Guilt-Nurser

3. The Self-Limiter

4. The Demolisher

5. The Conformer

6. The Workaholic

7. The Indulger

8. The Quitter

8 Steps to Shrinking the Inner Critics

1. Track your inner critics through daily mindful awareness
2. Name them in order to tame them
3. Become aware of your daily emotional flashbacks
4. Identify what you are flashing back to (this helps brain integration)
5. Use the **thought stopping technique** to challenge your inner critics
6. Reassure your inner child that you're now more resourceful and competent, with more social and mental support to defend your rights and better navigate life challenges
7. Activate your natural aggression through **angering** and **verbal ventilating** towards your inner critics (this helps repair your fight response)
8. Continue to reaffirm your positive self talk to reprogram the subconscious mind

Q & A

Online Recovery Courses & Materials

Please Visit:
www.mindbodybreakthrough.net

Keep in Touch

Facebook/Instagram: [mindbody breakthrough](#)

**Join our Mental Health Discussion Group on our Facebook page
(Mindbody breakthrough)**

- **Twitter: [waleoladipo1](#)**
- **Twitter: [mindbodybreakthrough](#)**

**For in-house seminar/general enquiries, please email:
enquiries@mindbodybreakthrough.net**

Join the MindBody Breakthrough Network

Youtube Channel: [search Wale Oladipo](#)