



**DO
NOT
SUPPRESS
YOUR
THOUGHTS**

1
00:00:04,249 --> 00:00:01,910
we know one of the most consistent

2
00:00:07,430 --> 00:00:04,259
findings in Psychology which is hard to

3
00:00:09,169 --> 00:00:07,440
find is that thought suppression even

4
00:00:11,990 --> 00:00:09,179
though it works really well in the short

5
00:00:13,009 --> 00:00:12,000
term it actually leads to a rebound

6
00:00:16,010 --> 00:00:13,019
effect

7
00:00:17,930 --> 00:00:16,020
in the long term you know so trying to

8
00:00:19,730 --> 00:00:17,940
push down thoughts trying to distract

9
00:00:22,070 --> 00:00:19,740
from thoughts trying to run away from

10
00:00:24,950 --> 00:00:22,080
thoughts very effective in the short