
Thought Suppression

paradoxical effects of thought suppression - the most vexing problem of thought suppression: the self-referent quality of the plan to suppress. to suppress a thought requires that one (a) plan to suppress a thought and (b) carry out that plan by suppressing all manifestations of the thought, including the original plan. thought suppression thus seems to **hidden complications of thought suppression - dash harvard** - original thought suppression experiments, wegner et al. (1987) found that after a period of thought suppression, people instructed to stop suppressing the thought and instead to begin thinking about it reported more intrusions of the thought than occurred without prior suppression. **thought suppression and self-injurious thoughts and behaviors** - thus, one possibility is that thought suppression mediates the relationship between emotional reactivity and sitb. thought suppression, emotion regulation and psychopathology thought suppression--the deliberate attempt to not think of something--is a strategy of cognitive control, **the immunological effects of thought suppression** - the effect of suppression on immunity, but a number of recent studies have highlighted the complexities and unexpected physiological and cognitive effects of thought suppression. research suggests that suppression of emotional thoughts magnifies the emotionality and accompanying physiological reaction of the **thought suppression, catastrophizing, and pain** - thought suppression, catastrophizing, and pain1 michael j. l. sullivan,2,3 david rouse,2 scott bishop,2 and sheila johnston2 this study examined the effects of thought suppression, prior to an experimental pain procedure, on subsequent pain experience. the study also examined the role of thought intrusions in mediating the relation between (1 ... **the role of thought suppression in posttraumatic stress ...** - material and thought suppression inevitably leads to an increase in the frequency of suppressed material. thus, the thought suppression theory is consistent with information processing theories for understanding ptsd, as the role of powerful cues for intrusive thoughts is well-known in this disorder. **thought suppression and mindfulness: a randomized ...** - thought suppression and mindfulness: a randomized controlled study danielle richards and william e. martin, jr. this research was supported in part by grants from the american college counseling association and chi sigma iota. the results of a different analysis related to self-compassion from the same study were reported **the immunological effects of thought suppression** - without thought suppression and control writing with or without thought suppression. after arrival at the lab, participants completed brief questionnaires and had blood (10 ml) collected by a trained hospital phlebotomist immediately before the 20-min experimental session. directly after the session, another blood sample was taken. **rebound effects following deliberate thought suppression ...** - following deliberate thought suppression (shpherd & beck, 1999, 2005). accordingly, we hypothesized that patients with ptsd would show increased frequency of trauma-related thoughts following deliberate thought suppression, unlike individuals who had experienced a traumatic mva but were not diagnosed with ptsd. given differ- **thought suppression - communicationcache** - thought suppression 61 to backfire—and the methodological considerations relevant to the detection of this paradoxical effect. next, we consider the main theoretical accounts for this outcome and examine the key variables that may mediate the effects of thought suppression. we then review the impact of suppression on intrapersonal states **paradoxical effects of thought suppression - benvenuti!** - suggests further that the event that serves to halt suppression and trigger relapse may be only a single occurrence that draws the person's attention to the originally suppressed thought. the tentative conclusion suggested by past findings are two-fold. first, it seems that thought suppression is difficult for people

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