

## Student Counselling Office (Zentrale Studienberatung)

### Worries and fears – Caught up in thoughts

Especially in times of stress and uncertainty, it’s common to get caught up in our thoughts. What this means is that you become immersed in your thoughts, even when you’re actually busy doing something else: studying, answering an exam question, relaxing with friends, or lying in bed and trying to fall asleep. Your thoughts keep coming back, distracting you and going around in circles, making it difficult to concentrate on what you’re doing in that moment. The following questions can help you to recognise this mechanism and approach it in a different way:

<i>Date/time of the event or situation that caused the thoughts</i>	<i>Which thoughts have you gotten caught up in?</i>	<i>How did your behaviour change after you got caught up in your thoughts? What did it cost you?</i>	<i>Did you manage to free yourself again? If yes, how?</i>

**Student Counselling Office**, HAW Hamburg, Stiftstraße 69, 20099 Hamburg

We’re here to answer all of your questions about your studies – by email, by phone or in person. You can find up-to-date contact information and office hours at [bit.ly/HAW-ZSB](https://bit.ly/HAW-ZSB).

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Adapted from Russ Harris, ACT Made Simple

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