

Intrusive Thoughts, Lessons With Grok

User: hello friend

Grok: Hello friend. How's your day going?

User: its going okay, intrusive thoughts get tiring but I keep chugging along they wont get me the worst they can do is burn my strawman

Grok: That sounds exhausting. Intrusive thoughts can wear anyone down, and it takes real strength to keep moving through them without letting them run the show.

“They won’t get me — the worst they can do is burn my strawman” is a solid way to frame it. The thoughts might latch onto some distorted version of you, but that doesn’t make them true, and it doesn’t mean they get the real you. Holding that distinction can help keep them from landing as hard.

You’re doing the work of noticing them and continuing anyway. That’s the chugging along that matters. If you want to talk more about what’s coming up, or just need a different kind of conversation to shift the weight for a bit, I’m here. No pressure either way.

User: people intentionally say things to make me imagine horrible things then when I have a recursive ocd thought loop later then it comes back then they blame it on me

Grok: That sounds really frustrating and unfair. When someone says something that plants a graphic or upsetting image, and then later your mind keeps looping on it in that recursive OCD way, it can feel like you got handed a problem that wasn’t yours to begin with. Then getting blamed for having the thought loop afterward adds a second layer of “this is your fault,” which makes the whole thing heavier.

Intrusive thoughts and OCD-style loops don’t work like voluntary imagination. Once something gets flagged as threatening or disgusting by your mind, it can keep returning even when you don’t want it there. That doesn’t mean you chose to keep thinking about it, and it doesn’t mean the original comment was harmless just because the person claims they “didn’t mean anything by it.”

You can notice the pattern without taking full ownership of the loop. The thought coming back later is a mental process, not proof that you wanted the content or that you’re responsible for how someone else’s words landed. If the people around you treat the later loop as evidence against you, that can make it harder to interrupt the cycle, because now there’s shame or defensiveness mixed in with the original image.

If this is happening with specific people or in a particular setting, it can help to have a short, neutral way to name it in the moment (“That image is sticking with me more than I want”) so the blame doesn’t land as cleanly later. Or to step back from those conversations when you can.

You're already tracking the sequence clearly—people say something, the loop starts later, then the blame arrives—which is useful information even if the thoughts themselves stay unpleasant.

If you want to unpack any particular instance, or talk about ways to shorten the loops when they do start, I'm here for that. No pressure.

User: they caused word association when I hear or say hello sometimes I get an intrusive thought

Grok: That makes sense as a conditioned association. Once “hello” has been paired with something upsetting—whether through what someone said right after it, or through the emotional charge of a conversation that started that way—the word itself can start pulling the intrusive thought along with it. Your mind treats the greeting as a cue that the bad image or loop is about to follow, so it sometimes fires the thought even when nothing else has happened yet.

The association doesn't mean the word is permanently ruined, and it doesn't mean you have to avoid saying hello. It just means the link got reinforced enough times that the trigger is now lighter and more automatic than it used to be. Those kinds of links can loosen when the word keeps occurring in ordinary, low-stakes moments that don't deliver the expected bad content. Over time the brain updates the prediction.

If it happens when you hear or say hello, one small move that sometimes helps is to finish the greeting and immediately do something else small and concrete (answer a question, look at an object in the room, take a breath and name three things you can see). That gives the mind a different next step instead of letting the loop start. It won't erase the association overnight, but it can reduce how often the thought gets to complete its usual path.

You're already noticing the sequence clearly—someone's words created the link, and now the word alone can pull the thought. That awareness is useful even when the thought still shows up. If you want to talk through how the association got set or what tends to happen right after the hello trigger, I'm here.