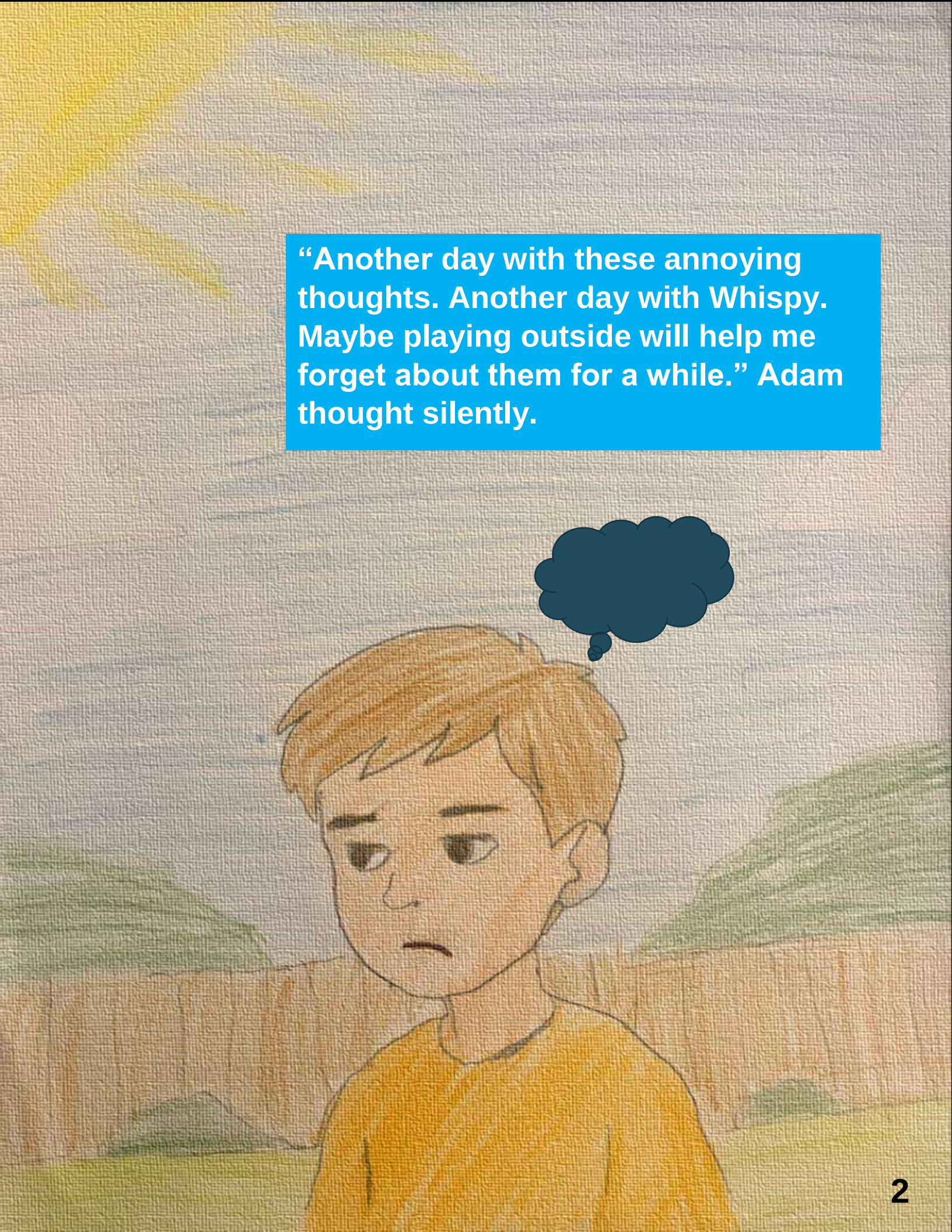
Go Away Whispy!

What are intrusive thoughts and how can we deal with them ?

WRITTEN AND ILLUSTRATED BY FARAH KHANSA


What a beautiful sunny day! Do you want to go out and play with your friends, Adam?
Yeah!
Why
Not!

“Another day with these annoying thoughts. Another day with Whispy. Maybe playing outside will help me forget about them for a while.” Adam thought silently.



While Adam was playing, Whispy appeared.

“Adam, you hit your friend Alex on his eye. Did you mean to hurt him?” Whispy whispered in Adam’s ears.

Adam thought quickly, “I didn’t hurt him. Did I? What if I did? Or what if I’m planning to? Why am I thinking about this? I don’t want to hurt anyone!”

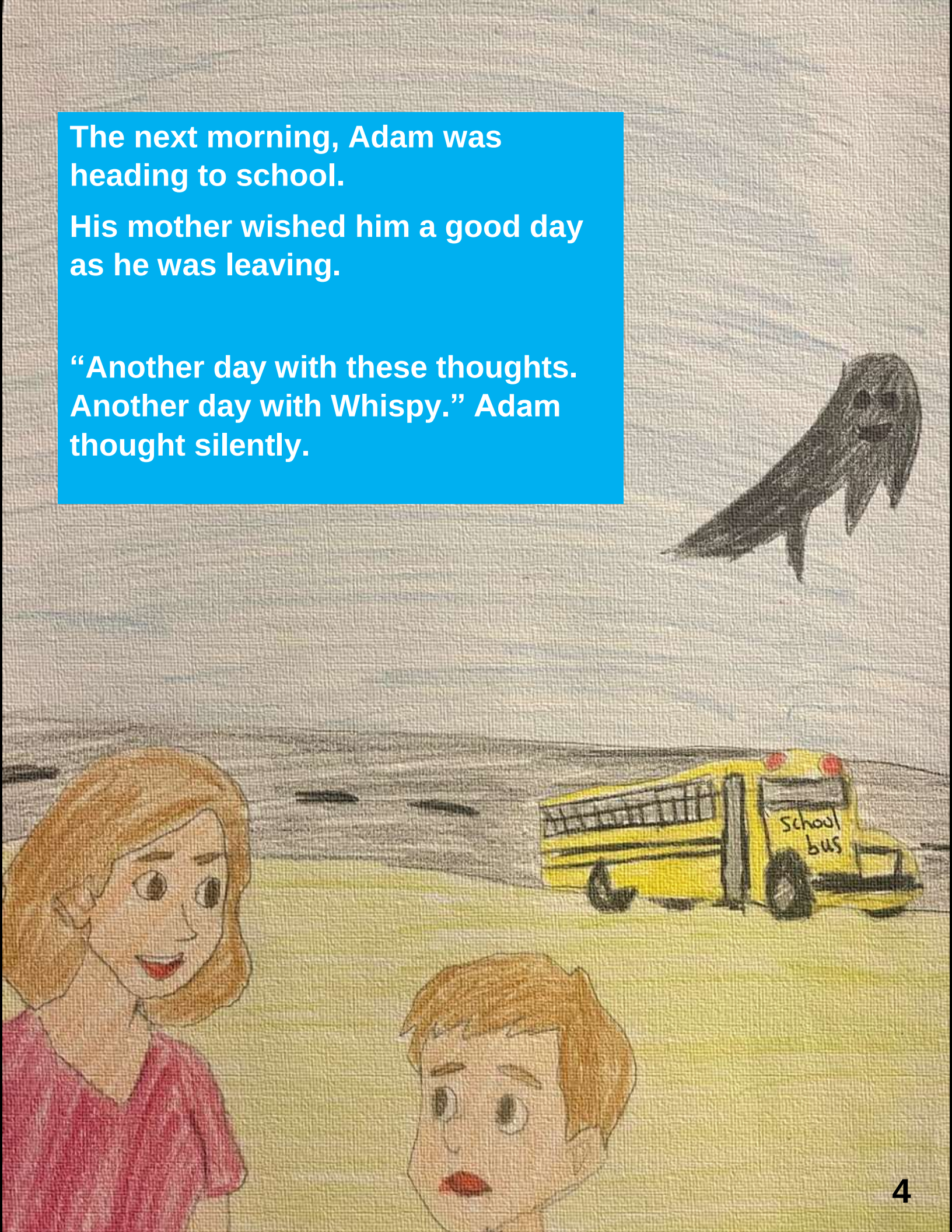
Whispy replied promptly, “But you did.”

“No,” shouted Adam. “I didn’t! Go away, Whispy! Let me enjoy my playtime!”

The next morning, Adam was heading to school.

His mother wished him a good day as he was leaving.

“Another day with these thoughts. Another day with Whispy.” Adam thought silently.



Whispy started again, “Adam, you kissed Riena, your crush! That’s so wrong! That’s bad!”

Adam was confused. He screamed at Whispy, “Go away, Whispy! I want to focus on my studies. I didn’t do anything like that! But, what if I did? No, I didn’t! Should I tell Mom? But that’s embarrassing, and I didn’t do it! Aaaaaah!”

After returning home from school, Adam thought he should tell his mother about Whispy.

“Welcome back, Adam!” Mom greeted him, but Adam was confused whether he should tell his mother.

Then he heard Whispy saying, “What if you did? Don’t tell. Keep it to yourself.” Adam thought, “But I’ve never hidden anything from Mom. Aaaaah!”

The next day was another day with Whispy….Another day with these annoying thoughts…

Suddenly, he heard Whispy say, “Hey Adam, you thought if you slept, I would go away? Here I am, friend!”

“No, not you again,” said Adam feeling frustrated and sad.

“Go steal some money. Go hurt your siblings,” whispered Whispy.

But Adam snapped, “No way! I would never do that! But, what if I do?”

Adam started feeling anxious, and his hands started trembling. He was very unhappy.

“Adam, come eat!” Adam’s mom then called.

Adam shouted back, “I don’t feel like it mom, my stomach feels tight.”

Adam’s mother ran to check on him and Adam saw the worry on his mother’s face. He said, “Nothing Mom. I just don’t feel hungry,” and thought, “It’s all because of Whispy. I hate him. What should I do now? Will I keep feeling this way forever? I should tell my mom.”

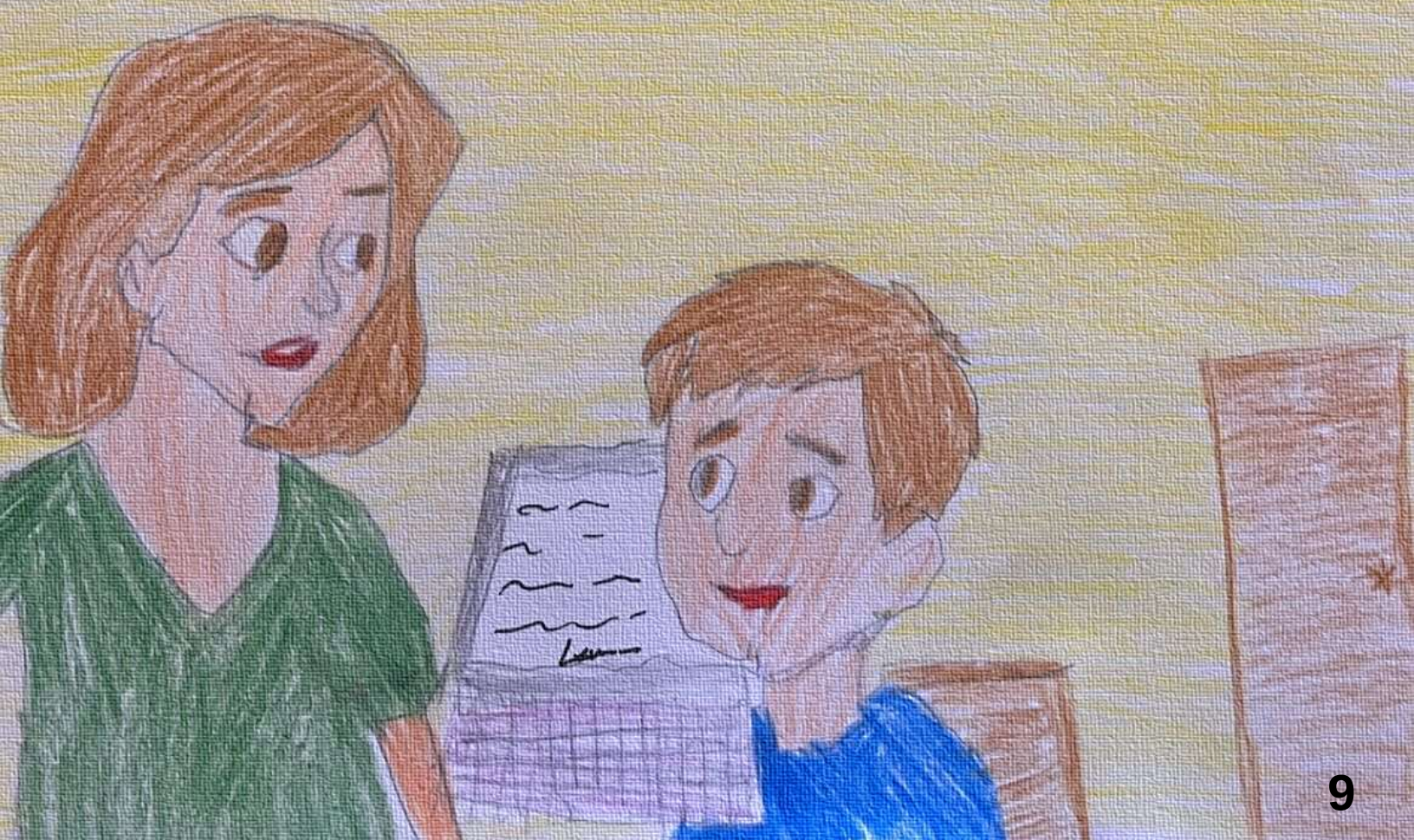
He gathered his strength and said, “Mom, I want to tell you something. I have these thoughts that come and go about bad stuff, like hurting someone. These are things I would never do, but they just pop into my mind, and I don’t know why.”

Adam's mother was concerned. She told Adam to look this up with her to understand what's happening with him.

She read from google: Intrusive thoughts or obsessions are unwanted, upsetting thoughts or images that suddenly pop into your mind. They can be about anything like hurting someone, making a mistake, or doing something bad, even if you would never actually do it. These thoughts don't mean anything about who you are."

Adam shouted with joy, "So, I'm not a bad person for thinking these things?"

Adam's mother smiled and hugged him saying, "Not at all! Many people have intrusive thoughts, and they don't mean anything about who you are. What matters is how we handle them."

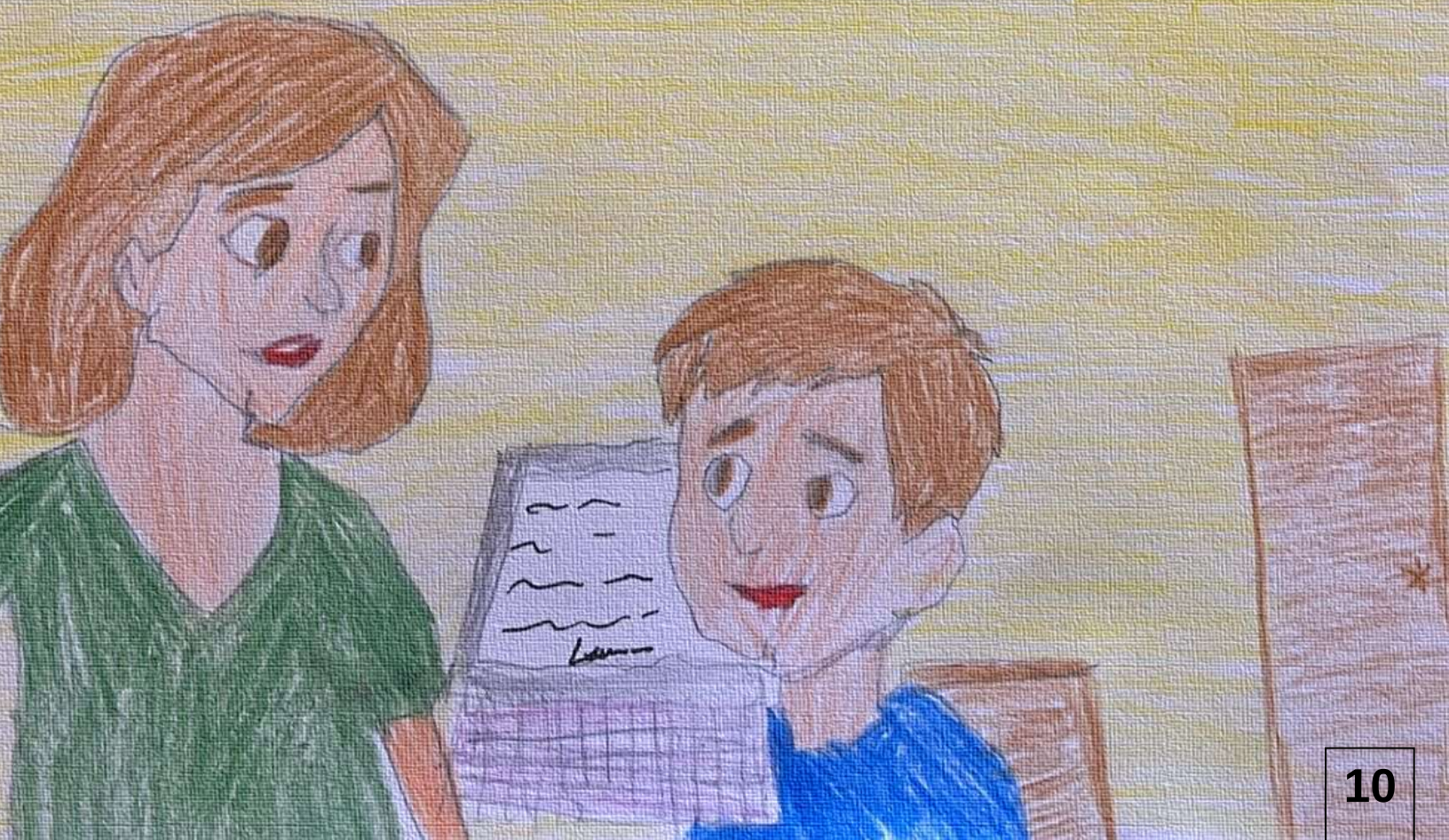


But Adam wanted a solution. “What can I do to feel better?” Adam asked his mother.

“Here are some ways to manage intrusive thoughts. First, label the thought. Say, "This is just an intrusive thought. It’s not real, and it doesn’t define me." Second, practice mindfulness: Take a deep breath, stay calm, and let the thought pass like a cloud in the sky.” Adam’s mother told him.

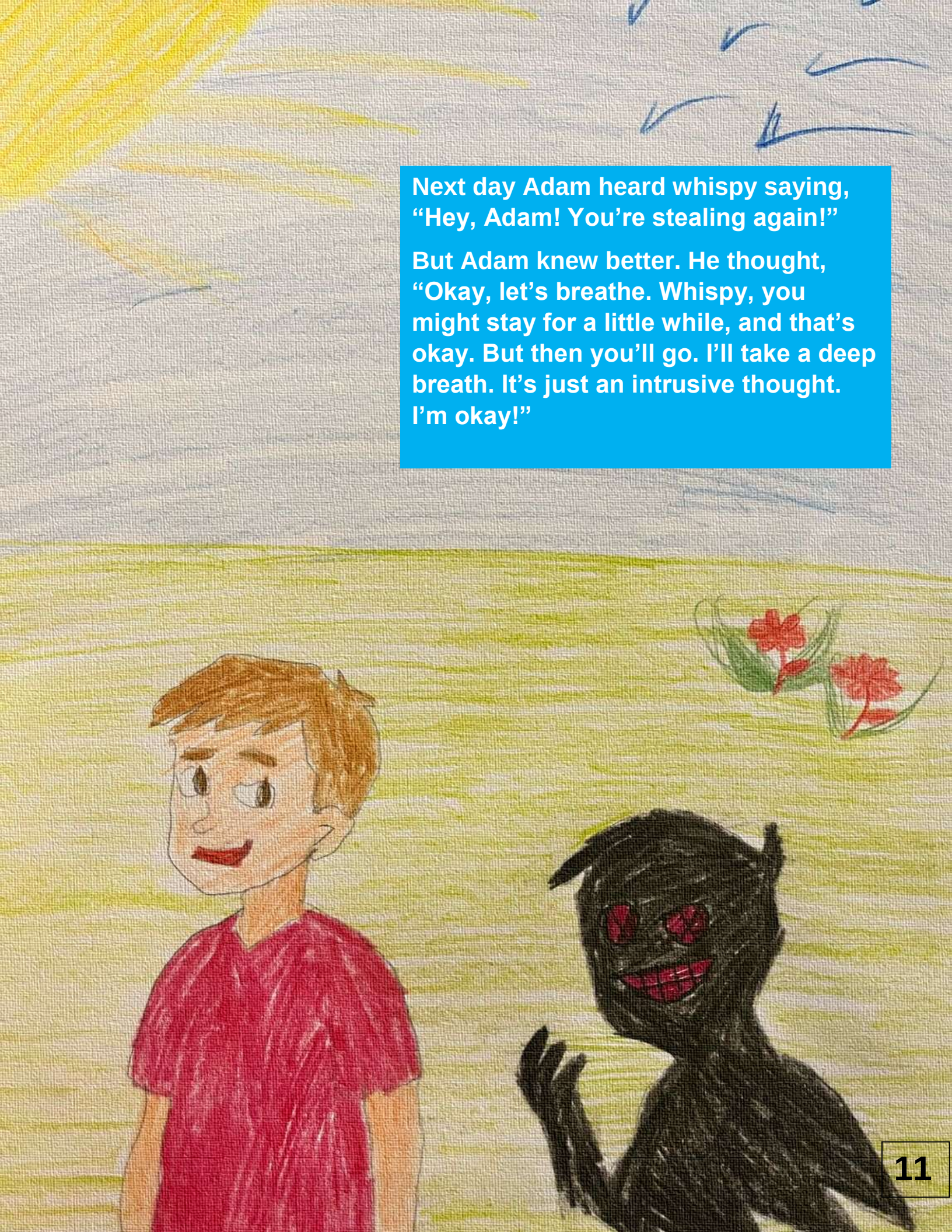
“Here’s a piece of advice,” Adam’s mother continued. Don’t push it away. Trying to fight the thoughts can make them stronger. Instead, notice them and let them fade. Don’t hesitate to talk to someone about it even if it feels weird. Sharing your feelings with someone you trust like me or a therapist can really help. How about we visit a psychologist tomorrow who can give us even more tools to help you deal with that? What do you think?”

Adam was happy to hear this.



Next day Adam heard whispy saying, “Hey, Adam! You’re stealing again!”

But Adam knew better. He thought, “Okay, let’s breathe. Whispy, you might stay for a little while, and that’s okay. But then you’ll go. I’ll take a deep breath. It’s just an intrusive thought. I’m okay!”



The purpose behind this book is to raise awareness, through Adam's experience on one of the draining psychological situations many kids may be passing through silently. This book encourages them to talk about it and to seek support to deal with their intrusive thoughts that are represented by Whispy in this book.