Abilene, TX

About Intrusive Thought

Band Bio

Hailing from the rugged plains of Abilene, Texas, Intrusive Thought is a powerhouse sonic assault blending the crushing weight of stoner rock with the relentless, rhythmic drive of groove metal.

Formed with a mission to deliver riffs that are as massive as they are unforgettable, the band has fast become a force to be reckoned with in the Lone Star heavy music scene. Intrusive Thought weaves intricate, low-end grooves and blistering dual-guitar attacks into a signature sound that is both dirt-corrupted and fiercely precise.

Leaving their indelible mark on Abilene, the band has recently expanded their footprint into the Dallas-Fort Worth Metroplex and beyond, bringing an explosive, high-energy live show that commands the room from the first downbeat. Intrusive Thought doesn't just play metal—they channel the kind of heavy, hypnotic grooves that lock into your skull and refuse to leave.



Music Samples

Who I Am

Press Quotes & Accolades

Winner best song- metal “who I am” CraigsRadio

“I cant help but bang my head” “catchy chorus”

-Ashleigh Tidwell The Flash with Ash 106.3 The Raider

Tour Dates

Upcoming performances

- July 3rd @Deja Vu Hookah Lounge and Bar Brownwood, TX
- July 11th @ The Zone Abilene, TX
- July 25th @ T-Birds Bar May, TX
- August 1st @ HCVA Mullin, TX

(More dates to be announced soon!)

Contact Information

Management:
Cameron Botts
bottscameron@gmail.com

Booking Inquiries:
intrusivethought365@gmail.com

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Thank You

Thank you for your interest in Intrusive Thought. We are excited about the possibility of collaborating with you and bringing our music to your audience. Please do not hesitate to reach out with any further questions.