

Repeat the Thought! (Repetition) Transcript

[Female Speaker 1]

My old one with people breaking in, I use to be like, yeah sure, they can come in even though the doors are locked.

[Male Speaker]

Rather than trying to avoid that scary thought OCD keeps trying to stick in your head actually purposely repeating it over and over again makes it less and less scary. And doing your assignments over and over again, like breaking OCD's rules again and again makes him easier and easier to beat over time. It would be like going to Canada's Wonderland and going the drop tower fifty times. The first time, you feel like you're going to crap your pants. But by the fiftieth time, you're bored, you're ready to move on to something scarier. So in terms of repeating on purpose that thought from OCD over and over again there is different ways you can go about that.

[Female Speaker 2]

You could write it down.

[Male Speaker]

Yeah, carry a pen and paper with you and in the moment write down word for word that silliness that OCD is trying to sell you.

[Female Speaker 2]

You could record it.

[Male Speaker]

Yeah, like with a webcam, playing it back and watching and listening to it again and again maybe for like half an hour.

[Female Speaker 2]

You could create a silly tune around the obsession.

[Male Speaker]

Yeah, like, for example, using jingle bells. Dirty hands, dirty hands, I have filthy hands.

[Female Speaker 2]

You could even use a funny voice.

[Male Speaker]

Yeah, like, pretending you are tired, "my hands are so dirty", or like you're under water, "boy my hands are filthy" or like Scooby Doo, " Oh no, I have such dirty hands".

[Female Speaker 2]

I'm Dr. Dunk, stick that tool..

[Male Speaker]

I'm Dr. Dunk, stick that tool..

[Female Speaker 2]

I'm..

[Female Speaker 3]

I'm Dr. Dunk, stick that tool in your toolbox.

[Text at end of video]

Repetition

Repeating the THOUGHT makes it less scary!

Repeating the ASSIGNMENT makes it easier to do!

Ways to repeat the thought:

- Write the obsession down!
- Record and listen to the obsession!
- Create a silly tune around the obsession!
- Repeat the obsession with a funny voice!