

## Exposure Response Prevention

### Exposure Assignments Transcript

[Male Speaker 1] Alright, it's OCD woopin' time. We're going to start off easy, we're going to go gradually one simple step at a time. And before you know it, after step by step by step by step, we are at the top. Think of it as playing a video game. If you were to try to start on the final level of the video game, you are going to get your clock cleaned, it's too hard. But if you start off on an easy level, and you build up your power and your strength and your ammo, then when you get to the final level it is easy to take. Now, the way we are going to beat OCD is by not giving into him. By not doing what it is that he wants us to do, then you get to see we really don't need to do what OCD is telling us to do for those bad feelings to go away. Us, telling you that this is a good idea, us wanting you to do this, this isn't us being mean. Once you school that OCD and the new boss in town, he is going to be a lot weaker, you are going to get more and more of your life back.

Your cheerleaders will also be there to support you on the way while that OCD is throwing his snit, because he is not getting his way anymore. By definition, it's not going to feel great while you are in the midst of beating on OCD, in fact, that is the point, if you aren't feeling any anxiety at all during the assignment, that is a sign it is time to pick a tougher assignment. The goal here to always be a little outside of the comfort zone, but not so much that you are overloaded and start to avoid the assignment. You'll always be able to handle any assignment that you are given because we are always going to at your pace you're the one giving yourself the assignment and deciding when it's time to take on the next one.

In the midst of beating your OCD you want to be monitoring your fearmometer throughout and your cheerleaders can help with this. It seems like that anxiety is just going to go up and up the fearmometer forever but it won't, it'll stop and then after a while it'll start to drop and you'll see OCD was just trying to fool you, you won, keep this up each day for longer and longer periods of time and more and more often until whenever you beat OCD in this area your fearmometer never goes above a one or a two or you are starting to win all the time or most of the time. Once you're at that point, you're ready to take the next step and your list.

Now, thinking or talking about beating OCD, that is not going to do the job, it is never enough just to talk about it. The only way you are going to get more and more control back from OCD is to actually practice beating OCD. Some assignments will involve you imagining something happening, like imagining your brother going into your room and moving around your stuff. While other assignments will involve something actually happening like going and telling your brother to actually go in your room and move things around. Imagining can be a good place to start with assignments or it can be good for situations that are hard to do in real life, it allows you to still practice beating OCD. Some of your

assignments might get pretty wacky, taking an assignment to a goofy extreme like for example telling your brother to go into your room and every single thing out and pile it all into his room will weaken OCD that much more, it might get us all laughing and OCD hates being laughed at. He is a very serious disorder, he wants you scared and taking him very seriously. Sometimes also when you do an assignment you'll find it was a lot easier to do that assignment, it wasn't nearly as scary as you thought it would be. That is another one of OCD's tricks, you see, the more he knows you can beat him on a certain step the more he tries to keep you from even trying to beat him and the way he does that is by mucking with your fearmometer ratings, making something seem like it might be an eight when really it's only a four.

Well, happy hunting, you are about to become OCD's new worst enemy. To help you along, next, Tim and I are going to give you a few tools to help you while you're beating back OCD. So, I'm Dr. Dunk, why don't you go stick that tool, in your toolbox.

[Text at end of video]

## Exposure Assignments

### How to beat OCD!

- start with something easy!
- Go gradual, taking one step at a time!
  
- Don't do what OCD wants!
- SHOULD feel a LITTLE bit uncomfortable!
  
- Do it at YOUR pace!
- Monitor fearmometer throughout!
  
- Practice until it's easy - then take another step!
- IMAGINE assignments first!
  
- Pick wacky assignments!
- Often MUCH easier, and not as scary, as OCD wants to you to believe!