

Talk Back to OCD! (Constructive Self-Talk) Transcript

[Female Speaker 1]

Sometimes my sister Tori, she helps so much, right before we go on a trip she'll be like Hilary I'll be there for you, don't worry, you're not going to get sick, it's just Newton telling you this, he'll go away because he knows it's two against one.

[Male Speaker]

So Kim, first rule of anxiety, thinking differently makes us feel differently. So while OCD maybe very good at making us feel a certain way, we can beat him by focusing on our thoughts instead. The name in bossing back OCD for children and youth is Dr. John March, he's a physician, he literally wrote the book on how to beat OCD. So the next seven videos Kim and I are going to discuss seven different tools that Dr. March and others use and we use in the Brake Shop. So the first tool, is really to reverse the negative things that you are feelings and thinking about how strong OCD is and you're strength in beating it.

[Female Speaker 2]

So that would be like turning like "I can't handle this" into "I can handle this" or "this is all to overwhelming to deal with" into "I'm strong enough to beat OCD" or what about turning thoughts like "I feel all alone in this" into "I'm part of a leaky brake club and I've got cheerleaders around me and together we can beat OCD's butt"

[Male Speaker]

Yeah, you've got it, the idea is really to at times to be your own cheerleader. See, OCD only has the power that we give him when we assume that he is so much stronger than us. It's kind of like in Wizard of Oz, when you the great and powerful Oz ends up being this wimpy little dork hiding behind a curtain. The only reason everyone was so scared of him was because he was so good at pushing all the buttons to make himself seem a lot bigger and scarier than he really was.

[Female Speaker 2]

So, being your own cheerleader would that be saying things like "Hey OCD, talk to the hand" or what about "go take a long walk off a short bridge OCD" so that I can take the power back for myself.

[Male Speaker]

Yeah, you've got it and you know after getting that power back you can even further strengthening yourself by giving yourself a pat on the back saying things like "yeah, that's right, who's bad OCD"

[Female Speaker 2]

Got it!

[Male Speaker]

I'm Dr. Dunk, you should stick that tool in your tool box.

[Text at end of Video]

Constructive Self - Talk

THINKING differently makes us FEEL differently!

Beat OCD by changing our THOUGHTS!

- 1) reverse negative thoughts!
- 2) be your own cheerleader!
- 3) talk back to OCD!

OCD only has the power WE give him, so take the power back for ourselves!