

Look How Far You've Come!!!

We have learned and practiced the following skills during your **ERP** treatment programming.

- **Where does OCD come from?**
 - those blasted leaky brakes!!!
- **7 Tools to Boss OCD Back:**
 - Break OCD's Rules, It's OCD-not Me, Boss Back when You are Strong, Show Me the Proof, Think Positive, Repetition, Humour
- **OCD come up with a new rule?**
 - Tackle it with a new Fear Ladder
- **Ride Up and Down the Worry Hill:**
 - Ride UP, Coast Down, Stick it Out until the feeling passes!!
- **How to tell that you need to access your Toolbox:**
 - spending too much time in rituals and rules, it's time to boss back
- **Stress Tolerance Techniques and Relaxation Activities:**
 - things you really like to do, like physical activities or quiet times by yourself, or using a relaxation CD, APP or many other things!!!

