

## What's the Proof? {Realistic Appraisals) Transcript

[Female Speaker 1]

Yeah, I usually give excuses why I wouldn't happen and then that makes me feel a lot better, when I got there people told me don't eat their lettuce and their tomatoes. But, when I got there, when I had a burger I would ask for no lettuce and then I saw all my friends and family eat it and they didn't get sick so I was just like, well, if they're not getting sick then I wouldn't and by the end of the trip I was eating everything.

[Male Speaker]

So anxiety is not always a bad thing. Everyone feels worried sometimes that's completely normal. It is just that OCD is really great at playing the downer always screaming the sky is falling and making the most negative guesses about the future. So, the trick is to figure out when anxiety is healthy versus when it's just OCD messing with us and pulling a false alarm trying to get us all worked up frothing at the mouth so we react instead of think.

[Female Speaker 2]

So what you're saying is I need to think more, almost like having my own scientist and putting on my scientist glasses here and asking OCD what's the proof? Or putting OCD on trial and saying excuse me what's the evidence for and against what OCD is saying in the first place. And, I know that OCD has been wrong once before, so, maybe he is just being wrong again this time.

[Male Speaker]

Yeah, OCD likes us to believe he wants us to trick us into thinking that having a thought means that it is actually going to happen. And if you buy that nonsense, then we start believing that just thinking about something is the same as doing it, so then, we start feeling responsible for all these bad thoughts that pop into our heads or bad things that are happening around us. It's a good scam if OCD can convince you of it, get you feeling guilty and judging yourself when the real bad guy he is just sitting back watching the show.

[Female Speaker 2]

That doesn't seem fair, I don't want OCD to get away with that! I mean I guess I need to ask is it really as likely to happen as OCD is saying it will? Or I need to think about what OCD is telling me I should think versus what I actually think and if something bad really did happen is it so impossible that I can't handle it?

[Male Speaker]

Yeah, really it's just a thought; I mean it's not that important, not even necessarily true. You know, does it really matter if that thought is in your head or not? Do you really have to change anything? Does anything have to happen just because you're having that thought?

[Female Speaker 2]

And things happen to me all the time, good things and bad things so if something bad does happen is it really my fault because OCD is trying to tell me it is?

[Male Speaker]

of course not, I'm Dr. Dunk.

[Female Speaker 2]

Stick that tool in your toolbox.

[Text at end of video]

Realistic Appraisals

Anxiety is a NORMAL thing to feel!

When is anxiety healthy and when is OCD EXAGGERATING a worry?

- Ask yourself, "What's the proof!"

THINKING is not the same as DOING!

- Actually likely to happen?
- More likely something DIFFERENT will happen?
- Does having a thought in your head REALLY matter?
- Is it REALLY your fault if something bad happens?