



Sensible Beliefs to Help You Through the Therapy Process for OCD

1. You don't have to be Superman/woman. You just have to be average.
2. Behavioural Therapy will not make you worse.
3. It's never too late to change yourself.
4. Don't fear life after recovery – it's just life.
5. Don't hesitate to use medication if you really need it – think of it as a tool.
6. Accept that life just isn't fair.
7. Frustration exists – it's part of every important accomplishment, so work to tolerate it.
8. Never underestimate depression.
9. Have reasonable expectations for recovery, and life in general.
10. Think of yourself as a person who also happens to have OCD.
11. Understand that this is your illness, and that you are responsible for your own recovery.
12. Don't let your past cripple your present.
13. Anytime you begin working at recovery is 'the right time'.

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