



## Tools for beating your OCD

### **It's OCD Not Me! (Cultivating Detachment)**

The more club members can see unwanted thoughts repeating in their heads as an indicant of the OCD, and not of whom they were personally or what they personally wished to do, the less anxiety they will feel.

### **Think Positive! (Constructive Self-talk)**

Countering the negative messages OCD sends (e.g. "*this anxiety won't go away unless you do as I say*") with more positive messages (e.g. "*I bossed you back yesterday and the anxiety went away, so I can do it again today!*") is one tool.

### **Show Me the Proof? (Realistic Appraisal)**

Also called, "*show me the evidence*", this tool helps club members to not immediately accept all intrusive thoughts as fact (in other words, **OCD sometimes tells fibs!**). For example, this tool can help a club member recognize the unlikelihood of a particular negative event happening, regardless of how much they may think about it happening. This tool can also challenge feelings of responsibility for their thoughts or for bad things that have occurred, again regardless of what their OCD may be telling them.

### **Boss Back OCD When You're Strong! (Contrived Exposure)**

Once club members have OCD on the run, they are encouraged to not let it regroup! Club members start to choose the times they are going to boss OCD back, rather than letting it choose the times (which are often when club members are at their weakest).

### **Do it Different!! (Break OCD's Rules)**

OCD wants you to tap that table 3 times right now with your left hand? Do it later. Or do it more than 3 times. Or do it slowly, over a longer period than OCD wants. Or change the ritual completely (e.g. tap the refrigerator with your right hand instead). Show that OCD who's boss!

### **Repeat the Thought! (Repetition)**

Obsessions don't seem as scary, and don't even make as much sense to us, when we repeat them over and over out loud, to ourselves or to someone else. They might even start to sound a bit funny!

**Laugh at OCD! (Humour)** Nothing decreases stress like laughter, and so this is a very powerful tool to use against OCD. Make fun of OCD, and mock it for the silliness it is telling you!