

Exposure and Response Prevention

The Starting Line Transcript

Speaker 1: Welcome, in this particular toolbox, we are going to learn all about how to do the gold standard treatment for obsessive-compulsive disorder or OCD, which is a leaky break over your thoughts. Now this treatment is called Exposure and Response Prevention or ERP for short. Now, before we get any further with these videos I think it would be wise if you don't know much about OCD at this point, first go and learn more about OCD. We have different sections of our website devoted to that, jam packed with lots of information about this particular leaky break. Now, the reason that ERP or Exposure Response Prevention works so well is because, well, it kind of teaches some different things that OCD didn't really want you to know in the first place. Number one, OCD really is a pretty big wimp, I mean sure he can talk big and he knows where all your buttons are and is good at pushing them and it freaks you all out and makes you feel like you better listen to him or else. But, you know, like a lot of bullies, OCD really is just full of hot air and you know when you call his bluff you often realize he's got nothing. Now, number two, OCD can only make you so anxious, so sure, you can feel like that anxiety is going to keep coming up more and more and more until you blow into a gazillion Dr. Dunk pieces, but you know, that's only because OCD wants you to feel that way. The truth is it can't get that bad, in fact, even if OCD threw everything he's got at you, you could still handle it. Now, number three, OCD can only keep your anxiety so high for so long that our bodies are designed to only be so anxious for so long and then that anxiety just starts to go away all on its own. And you see, OCD knows this, which is why he throws every trick he has at you before that happens. You see, if he can fool you into thinking that the reason your anxiety went down was because you listened to him rather than it's just going down all on its own. Well now, he's got you. The rule of thumb when dealing with OCD, basically is that the more you do what he says the stronger he is going to get. But you know, the more you tell him to go take a long walk off a short pier the stronger you get. So where is the best place for us to stick OCD? We are going to take him on in our thoughts. We're going to stick your big brain on him. You know, it's hard to just tell ourselves to feel something differently. "Just don't be anxious" I mean that doesn't really work. But you know if we focus on changing our thoughts that will just naturally change our feelings then, and we win. You know, I'm pretty excited for you, life is about to get a whole lot better. I am Dr. Drunk stick that tool in your toolbox.

[music]

[Text Summary of Video]

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Obsessive-Compulsive Disorder (OCD):

- leaky brakes over your THOUGHTS!

Exposure and Response Prevention (ERP):

- gold standard treatment for OCD!

Secret #1: OCD is a wimp, he CAN'T make bad things happen!

Secret #2 you CAN handle the anxiety!

Secret #3 anxiety goes away ALL ON ITS OWN!

Not Listening to OCD makes you stronger!

The best place to fight OCD is our THOUGHTS not our FEELINGS!