

Laugh at OCD (Humour) Transcript

[Female Speaker 1]

One time we were in the hot tub and she was like, I forget what she said but it was something like "What time is it?" and I was like "it's 10:30" she's like "no, it's 12:00" and I'm like I'm pretty sure and she'll be like "with my bad eyesight and your OCD one of us will be right" so it's really funny.

[Male Speaker]

The final tool, which really, we've already been demonstrating quite a bit through this video series is to use humour against your OCD. I mean OCD is a serious disorder and he can cause us to get very serious things stuck in our head sometimes, but in a weird sort of way, the best way to take OCD seriously is at times to not take him very seriously at all. I mean, that is not at all what he wants, he is such a serious disorder he wants us to get all worried and give us the big serious reaction, which will feed him. We are not going to give him that, instead we are going to laugh at OCD, I mean, you can't be relaxed and scared at the same time, and so, using humour robs him of his power.

[Female Speaker 2]

It's like in one of the groups I lead one time, there was a boy who's OCD didn't want him to step on the cracks of sidewalks, so we all joked that his OCD was addicted to crack. It was easier for him to talk about and he felt less embarrassed, it's like saying wait till you hear what OCD has come up with now, you won't believe that!

[Male Speaker]

As powerful as a tool as humour is for a club member, if you're a cheerleader using the tool, you have to remember it is really important that you make clear to the club member that you are making fun of the OCD not him/her.

[Female Speaker 2]

I guess that's another reason why using OCD's name is so important. oh! and I guess this is why you recommend using a funny nickname for OCD.

[Male Speaker]

You betcha, my personal favourites are "Organizer 3000" or "Willy Wimpis". I'm Dr. Dunk, stick that tool in your toolbox.

[Female Speaker 2]

I'm Dr. Dunk, stick that tool in you're toolbox.

[Text at the end of video]

Humour

Using humour - don't take OCD TOO seriously!

LAUGH at OCD to weaken him!

Make sure club members know you are making fun of OCD, not THEM!