

## It's OCD not me! (Cultivating Detachment) Transcript

[Female Speaker 1]

Yeah I gave my OCD a name, it's name is Newton. I just like knowing that because there is not a problem with me. Most of my family knows about my OCD like my little sister, if I say something she'll be like, is that Hilary or Newton. But usually I know when it's him and when it's me.

[Male Speaker]

You know, everyone gets unwanted thoughts that pop into their head sometimes, it's not personal. Now, of course if you don't know that thought, OCD will be there again to take advantage of it, again. For example, if he scammed you into what we were talking about earlier, if you believe your thoughts will lead to bad things happening. Well then, we really start struggling against those thoughts and that's exactly what OCD wants us to do. It plays into his hands, because the more we get upset about our thoughts and try to stop them the more we struggle, the more he sucks us in. It can kind of be like mental quick sand. So, instead you know, keep him at arm's length, realize what's going on, what he is trying to do and label it.

[Female Speaker 2]

So it's almost like I need to say "it's OCD again, not me, again and again and again and he is just trying to bug me, and what he is saying isn't even that important, he is just some stupid leaky brake that is going to run out of gas soon."

[Male Speaker]

Yeah, and it's helpful to get your cheerleaders to talk about him like that too, as if he is a third person in the room.

[Female Speaker 2]

So, you could develop a nickname.

[Male Speaker]

Yeah, actually, leaky brake club members in the brake shop do that and the three rules we tell them for the nickname is. First of all, keep it clean, because cheerleaders like teachers need to use it. Use some humour, make it a funny nickname, you should smile when you say it. Also, make it a nickname where OCD doesn't sound that tough, where he sounds kind of weak. Now, whenever he is trying to suck you in then, just pull back, kind of watch him from a distance,

notice and listen to what he is trying to say to you in your head, what he is trying to do to your body.

[Female Speaker 2]

so it's almost like letting your bad thoughts flow by like a parade or even a river. It helps me not to feel embarrassed or humiliated or even responsible for these bad thoughts when I think about it that way. I mean, OCD sent me these thoughts, I didn't ask for them.

[Male Speaker]

Clearly, you don't want them or else you wouldn't be fighting against him so much. Also, you know, it really would be stranger if you did never have bad thoughts pop into your head because it does happen to everyone. The only difference between us, leaky brake club members and everyone else is that we got OCD up there and he's always watching so those thoughts that we hate the most he makes sure they stick around the longest. Nice, eh? he is a really classy guy an opportunist.

[Female Speaker 2]

I'm Dr. Dunk.

[Male Speaker]

Stick that tool in your toolbox

[Text at the end of video]

Cultivating Detachment

EVERYONE gets unwanted thoughts. it's not personal!

Don't get sucked into OCD's "mental quicksand"!

- OCD WANTS you to fight those thoughts!
- it's OCD, not me!
- Call OCD by name! Develop a nickname for him!
- Just step back and WATCH the thoughts instead!
- Realize it's OCD, not you!

Nothing to be embarrassed about! OCD wants the thoughts to stay, not YOU!