



Show Me the Proof OCD!

What's the OCD bully saying will happen? **My stomach will get bigger; the feeling won't go away**

Evidence for



Evidence against

- **My stomach hasn't gotten bigger**
- **Hitting my stomach won't make it smaller**
- **The feeling can go away on its own**
- **If I ignore it will go away eventually; like an itch**

What's Your Verdict?

False Alarm – YES/NO ___ **YES** ___

How should we send that worry packing? ___ **YES** ___

Send that worry packing with this calm thought, **_If I ignore it it'll go away eventually_**

