

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

[Female Speaker 1]

Sometimes, if it's a new thing you have to take a break and just sit home and think about it all day so the next day is going to be easier.

[Female Speaker 2]

You're going to look at that salad bar, and he is going to go nuts, what are you going to do?

[Female Speaker 1]

Take the salad and eat it.

[Female Speaker 2]

And look around at everybody else.

[Female Speaker 1]

And see, that there not getting sick when they eat the salad.

[Male Speaker]

So this is before you are actually down there, you're kind of thinking it through.

[Female Speaker 1]

We practiced what we would do, even when we got on the plane.

[Male Speaker]

OCD, he likes a rigged game, he likes to show up when we are weak so that he gets an easy win, and we start believing that he is so much stronger than us.

[Female Speaker 3]

He is like a typical bully, he kicks you when you're down and he acts all tough.

[Male Speaker]

Yeah well enough of this skulking around, letting him call the shots and define our day, we are going after him for once. We are going to boss him back when we are strong and then for once you get to be in the driver seat. And for once you get to decide when and for how

long you are going to worry. That means that you get an easy win because now OCD is the one who's in the ropes hedging the bets in your favour.

[Female Speaker 3]

So you mean, I could have signed like two ten minute periods of designated worry time where I specifically worry about OCD and I make myself as scared as I can and I try and go those full ten minutes even if I don't feel like being that worried and I put myself in situations that I'm scared of. And I can even use my cheerleaders to help ask me questions to bring out my worries. And then I can use my tools and my cheerleaders to help kick OCD to the curb. And if OCD tries to make an appearance outside of that ten minute designated worry time, I'll tell OCD, I'll be getting back to you later. And let's say I was going on vacation or starting a new school or moving to a new house and OCD hasn't set any rules there yet, I can take advantage of OCD by catching him off guard and using this tool and not letting him create his own patterns yet. I'm Dr. Dunk, stick this tool in your toolbox.

[Male Speaker]

Hey!

[Text at end of video]

Contrived Exposure

OCD likes to wait until we are WEAK to bully us!

Instead, boss back OCD when you're STRONG

Set up daily Worry Times!

KEEP OCD weak in new places!