

Ways of Responding to Your OCD

Effective (shrinks OCD)

1. Agree with OCD
“Whatever!”
“You’re right. Everyone dies. I’ll die one day.”
2. Respond with uncertainty
“maybe, maybe not”
“Anything is possible”
3. One up (Take the obsession to a ridiculous point)
“Yes, millions have died! I’ve left a path of destruction!”
4. Use a funny voice/ humor
“What a way to go with soap on my hands”
“I can’t wait to tell the doctor I’m dying from a Cheez-it!”
“Oh, you got the cancer?” (Irish accent)
5. Remember your values and motivation and ignore OCD
“I’m doing my own thing!”
“My kids are more important than OCD”

Ineffective (grows OCD)

1. Arguing
“Yes, I am!”
“No, you’re not!”
2. Reassure yourself
“I’m ok”
“Things will work out”
“This isn’t dangerous”