My Travel Plans

WORDS TO REMEMBER FOR THE VOYAGE AHEAD

THOUGHTS ONLY HAVE AS MUCH POWER AS I GIVE THEM

Responding to my thoughts. Trying to avoid having them. Doing rituals to eliminate them. Arguing with them; These actions all make my thoughts a bigger deal than they need to be.

THOUGHTS ARE JUST THOUGHTS

They can be scary. They can be convincing. They can be powerful. They can be offensive and at odds with my values. They can be critical and judgmental. They can even include imagery and physical sensations. No matter what, I must remember. Thoughts are just thoughts.

I CAN HANDLE ANXIETY AND OTHER UNCOMFORTABLE EMOTIONS

They pass with time all on their own and do not require a response on my part.

I DON'T HAVE TO AUTOMATICALLY BELIEVE MY FEELINGS

Just because I'm feeling a negative emotion like anxiety or guilt or disgust or anger does not mean there is a good reason for me to be feeling it. It does not mean that I am doing anything wrong or that there is something in my life that needs to be fixed.

I HAVE TO FEEL UNCOMFORTABLE EMOTIONS ON PURPOSE TO CHALLENGE MY OCD

Feeling this way means that I am doing a good job at challenging my OCD, and that I am bettering myself and improving my situation. I can feel good about the job that I am doing even when I'm feeling bad.

MY OCD WILL HAVE ITS UPS AND DOWNS

I will have good and bad days, weeks, and even months. This is part of Living With OCD. This is something I can handle by remembering that sometimes I just need to rest and take care of myself. With practice, I will make the good periods better and longer, and the bad periods less bad and shorter.

AVOIDANCE STRENGTHENS FEAR

Every time I engage in rituals and avoidant behavior in response to my OCD fears, I am communicating to my OCD that I believe I have something to fear.

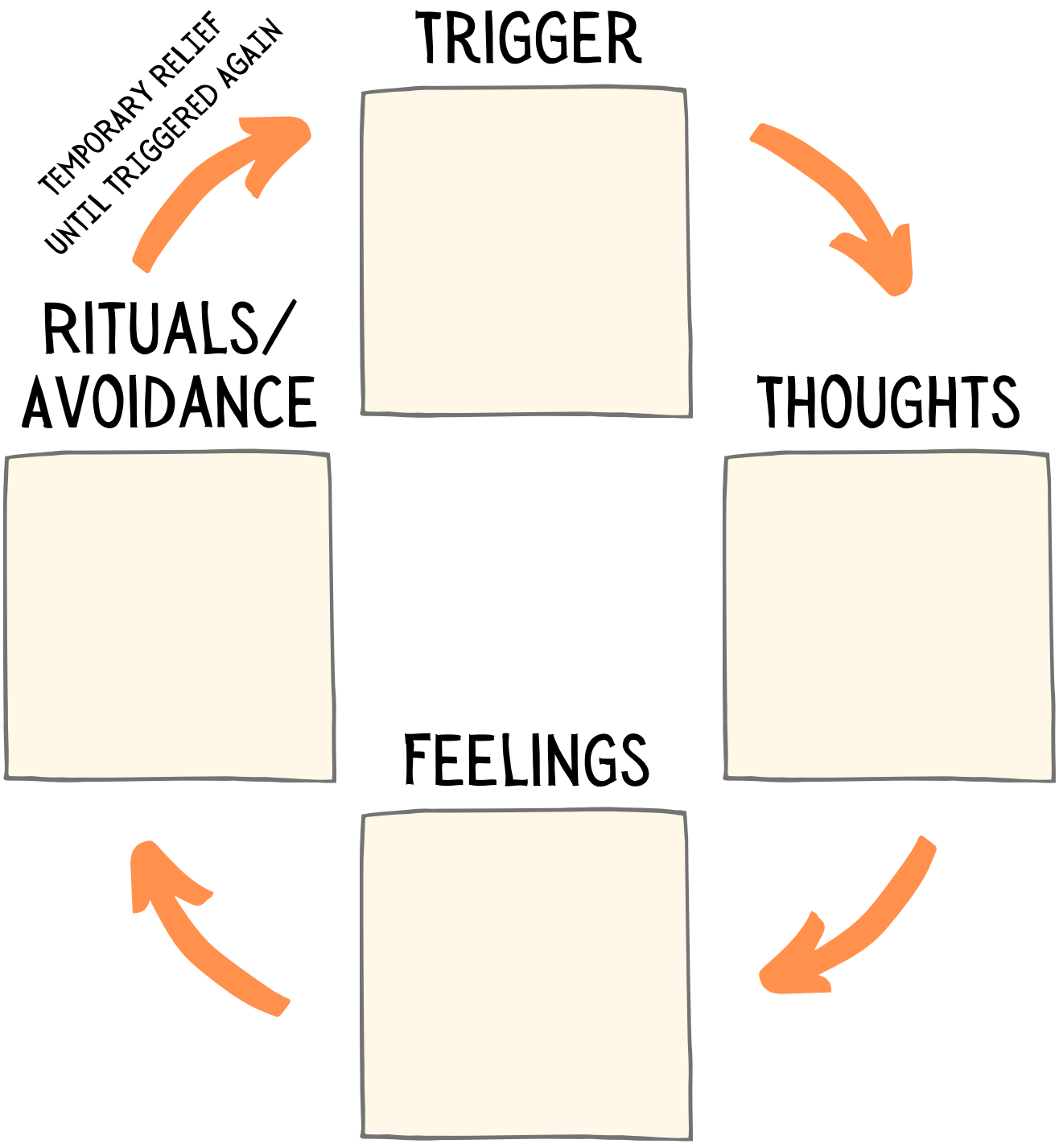
EXPOSURE (WHILE RESISTING RITUALS) WEAKENS FEAR

Just as rituals and avoidant behavior strengthen your OCD fears, purposefully exposing yourself to your OCD triggers, thoughts, and feelings, while resisting your rituals, gradually reduces your fear.

HABITUATION OCCURS WITH TIME

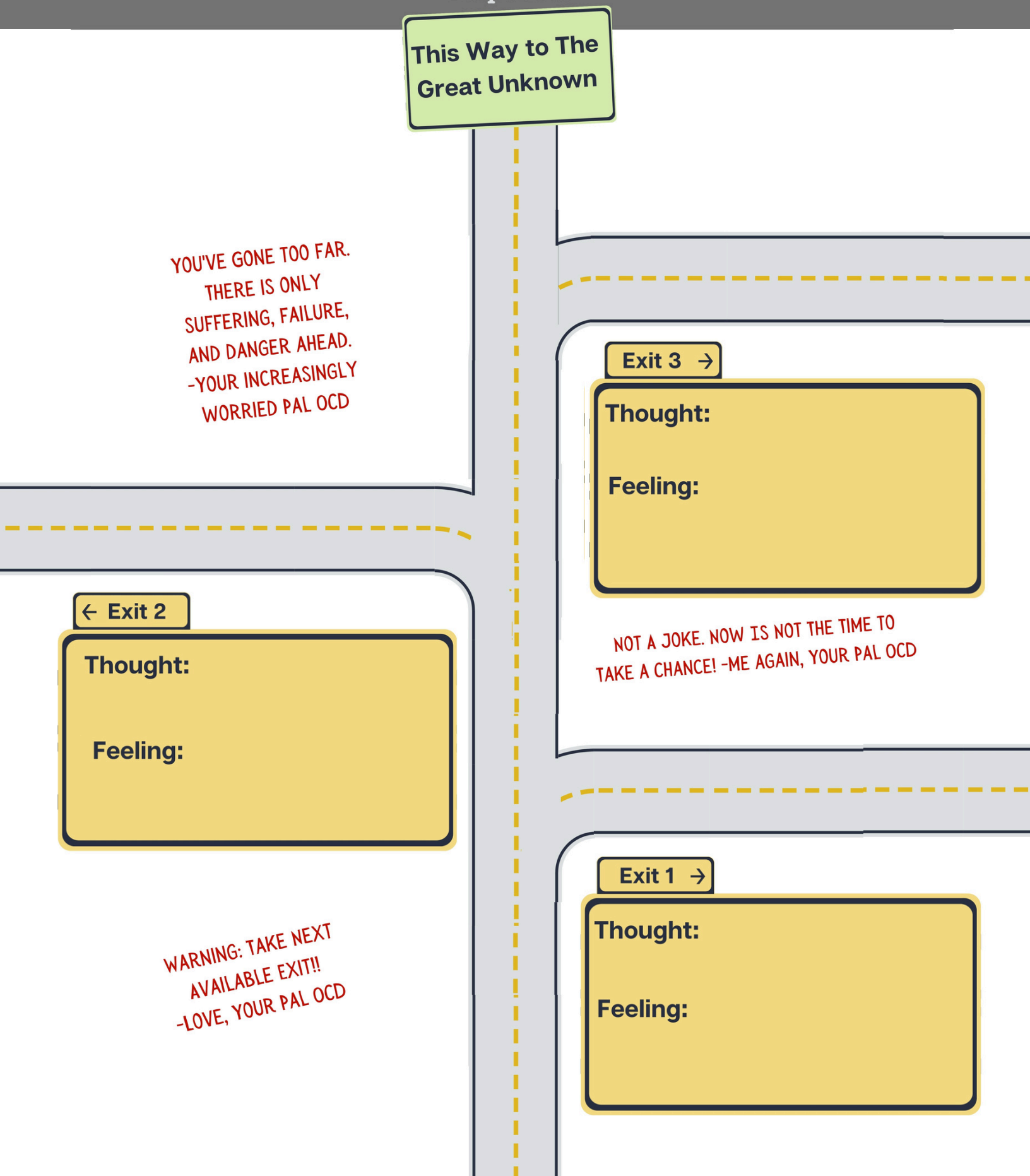
Challenging OCD is difficult and scary at first. But through repeated exposure to my triggers, my body will habituate and the uncomfortable emotions will become less intense.

THE OCD CYCLE OF AVOIDANCE



OCD DETOURS

Identify your OCD thoughts and feelings and your habitual responses



SET YOUR DESTINATION

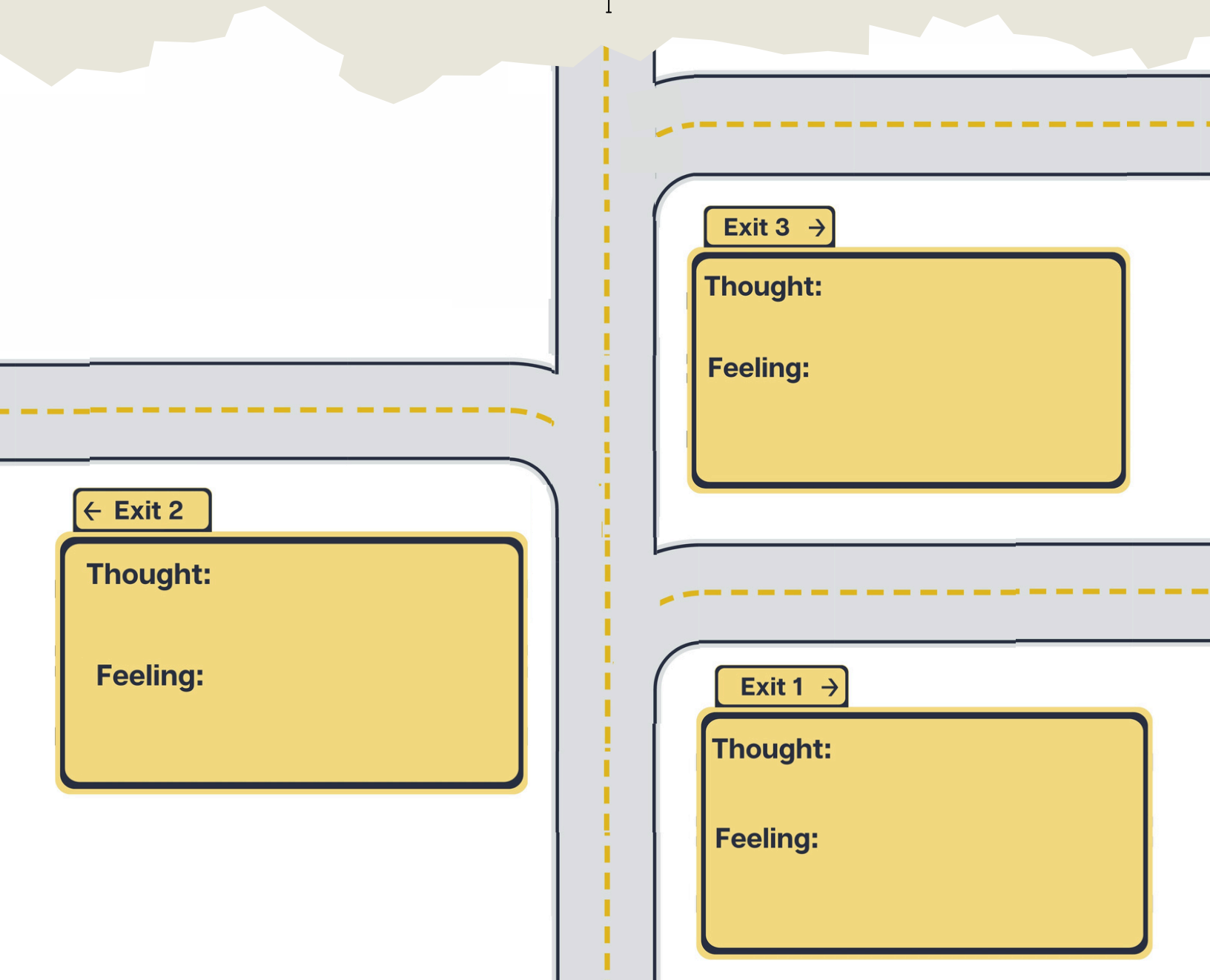
Practice moving in the direction in which YOU want to go and avoiding the OCD Detours

Destination:

Directions:

Destination:

Directions:



START

To Take Your Life Back From OCD

Step 1 — **SET YOUR DESTINATION**

Step 2 — **TAKE STEPS TOWARDS YOUR GOAL**

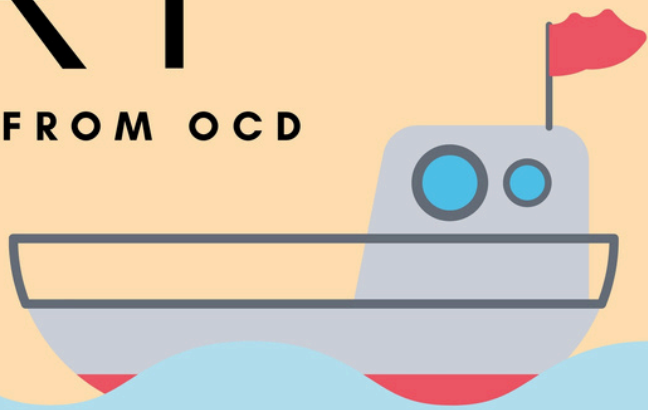
Step 3 — **ACKNOWLEDGE THOUGHTS AND FEELINGS**

Step 4 — **REFOCUS ON YOUR GOAL**

Step 5 — **TOLERATE DISCOMFORT**

START

TO TAKE LIFE BACK FROM OCD



1. SET YOUR DESTINATION

IDENTIFY YOUR GOAL HERE

2. TAKE STEPS TOWARDS YOUR GOAL

LIST CONCRETE ACTIONS YOU CAN TAKE TOWARDS YOUR GOAL

3. ACKNOWLEDGE OCD THOUGHTS AND FEELINGS

LIST THE THOUGHTS AND FEELINGS YOU CAN EXPECT TO HAVE WHEN TAKING ACTION

4. REFOCUS ON YOUR GOAL

WRITE A REMINDER STATEMENT OF YOUR GOAL, AND WHY YOU WANT TO CHOOSE YOUR GOAL OVER OCD

5. TOLERATE DISCOMFORT

WHAT UNWANTED FEELINGS WILL YOU HAVE TO ACCEPT AS YOU FOCUS ON YOUR GOAL?

ERP BRAINSTORM

My Obsessional Themes	

Things I'm currently trying to avoid (including people, places, objects, activities, thoughts, emotions, and physical sensations	

Ritual	Trigger

ERP BRAINSTORM

Ritual	Trigger

FEAR HIERARCHY

Obsessions (fear themes targeted by these exposures)	Ritual Prevention (rituals to resist during exposures)

Difficulty	Exposure

FEAR HIERARCHY

Difficulty	Exposure