

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

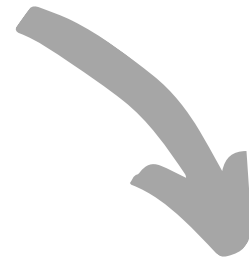
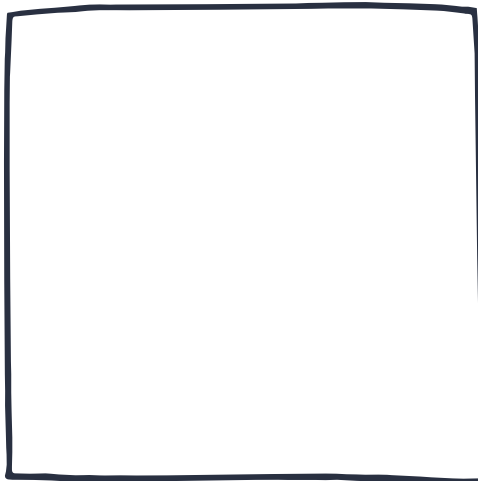
EXPOSURE (WHILE RESISTING RITUALS) WEAKENS FEAR

HABITUATION OCCURS WITH TIME

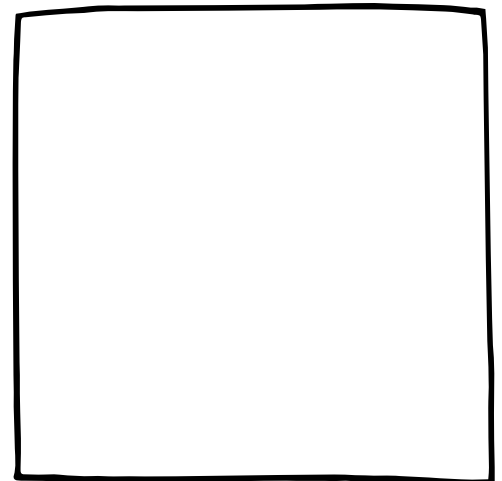
CHALLENGING OCD IS DIFFICULT AND SCARY AT FIRST. BUT THROUGH REPEATED EXPOSURE TO MY TRIGGERS, MY BODY WILL HABITUATE AND THE UNCOMFORTABLE EMOTIONS WILL BECOME LESS INTENSE.

THE OCD CYCLE OF AVOIDANCE

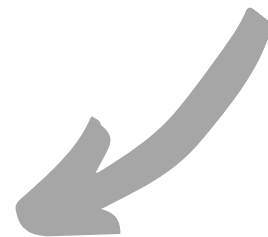
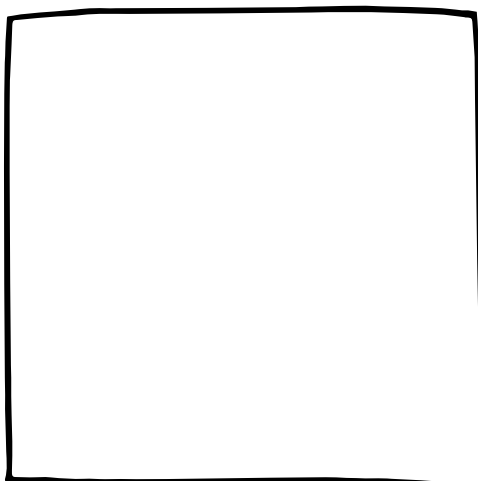
TRIGGER



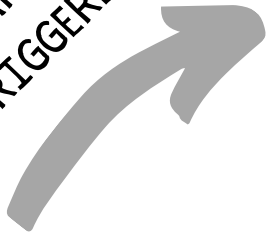
THOUGHT



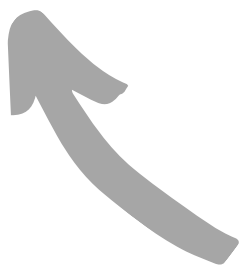
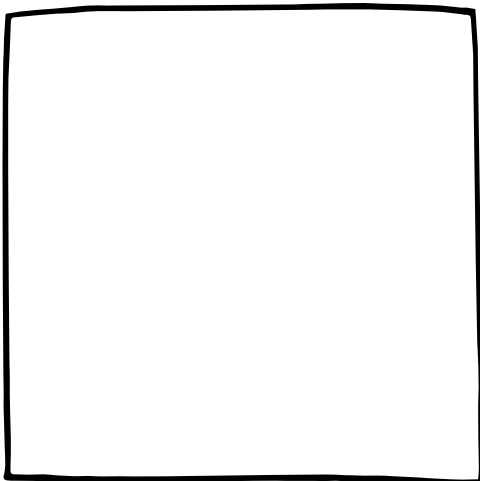
FEELING



TEMPORARY RELIEF
UNTIL TRIGGERED AGAIN



RITUAL/
AVOIDANCE



OCD DETOURS

Identify your OCD thoughts and feelings and your habitual responses

This Way to The Great Unknown

YOU'VE GONE TOO FAR. THERE IS ONLY SUFFERING, FAILURE, AND DANGER AHEAD.
-YOUR INCREASINGLY WORRIED PAL OCD

← Exit 2

Thought:

Feeling:

WARNING: TAKE NEXT AVAILABLE EXIT!!
-LOVE, YOUR PAL OCD

Exit 3 →

Thought:

Feeling:

NOT A JOKE. NOW IS NOT THE TIME TO TAKE A CHANCE!
-ME AGAIN, YOUR PAL OCD

Exit 1 →

Thought:

Feeling:

SET YOUR DESTINATION

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

Destination:

Directions:

Destination:

Directions:

← Exit 2

Thought:

Feeling:

Exit 3 →

Thought:

Feeling:

Exit 1 →

Thought:

Feeling:

START

To Take Your Life Back From OCD

SET YOUR DESTINATION

"I want to learn how to play chess"

TAKE STEPS TOWARDS YOUR GOAL

"I'm going to join a local chess club."

ACKNOWLEDGE OCD THOUGHTS AND FEELINGS

OCD is telling me that 1) I should be able to "master" chess, 2) everyone else is a faster learner than me, and 3) this is more evidence I'm bad at everything. This is making me experience a bad feeling about myself.

REFOCUS ON YOUR GOAL

I remind myself that MY goal is to learn the basics of chess, however long that might take. I don't have to master it or be better than everyone in the group. I'll work on learning one new thing in chess today.

TOLERATE DISCOMFORT

I'm still feeling the bad feeling, but that's just what my OCD does. I'm not going to escape or do rituals to get rid of the bad feeling. I'll let it happen and get better at tolerating it.

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

ERP BRAINSTORM

Ritual	Trigger

