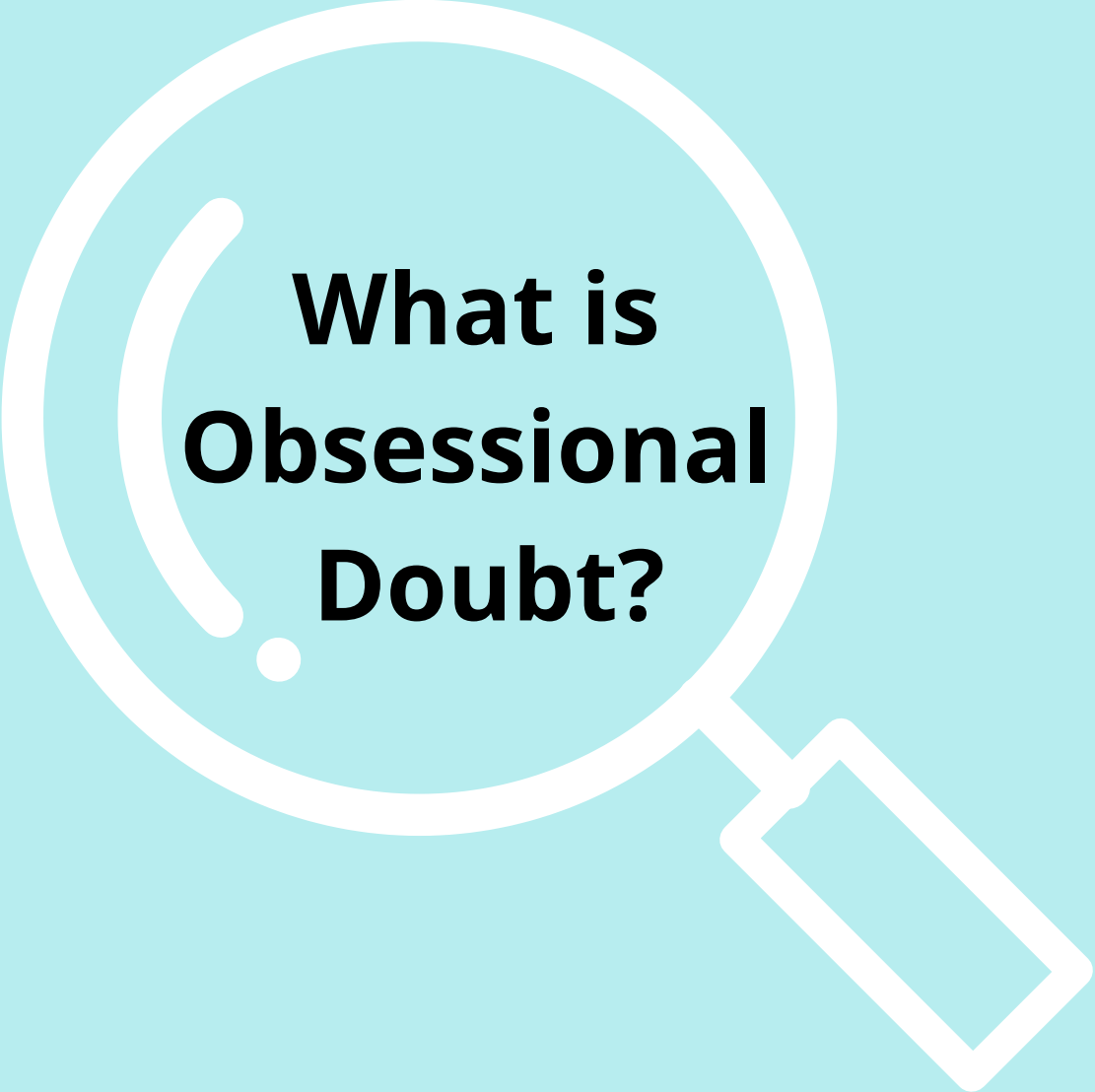


Modules 1-8

Adapted by Bronwyn Shroyer from: O'Connor, K., & Aardema, F. (2012). *Clinician's handbook for obsessive compulsive disorder: Inference-based therapy*. Chichester: Wiley-Blackwell.

# Module One



**What is  
Obsessional  
Doubt?**

# WHAT IS OCD?

## Obsessions

An obsession is a **doubt**.

It is a doubt about something yucky being possible.

**Maybe...**

It sometimes sounds like:

**I might be...**

**It could...**

**What if?**



## Compulsions

We only have compulsions because an obsession comes first.

Compulsions are something we DO to get the doubt to go away. Some are:

**Thinking a certain thought**

**Asking questions**

**Cleaning on something**

# After We Get An OCD Doubt:

**We worry about what would happen if the doubt were true.**

**And then we feel yucky inside.**

**And then we try to make that yucky feeling go away by doing a compulsion.**

**Here's an example:  
Doubt: What if I forgot to put my food away?**

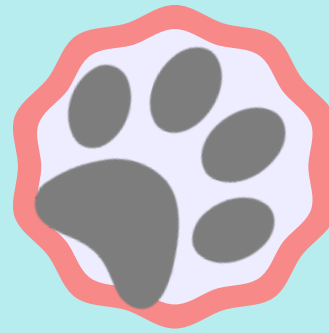
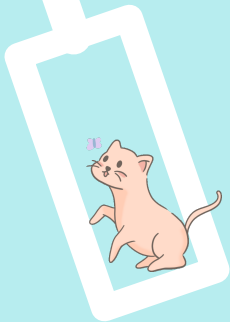
**Bad Thing: My cat might eat my food and get sick!**

**Feelings: I would feel so guilty and sad!**

**Compulsion: I need to ask my parent 10 times if I put my food away.**

# What is a Trigger?

A trigger is something that happens that reminds our brain to have a doubt.



Each person with OCD has their own triggers.



**What is something that doesn't make you feel bad/yucky?**

Notice how that doesn't create an OCD doubt.



**What is something that gives you an OCD doubt?**


Hint: This could be something you see, hear, touch, taste, smell, or imagine.

# You Know Things

## (Reasons Back up Your Doubts)



**OCD can be tricky!**




**You know lots of things from books, school, your family, and other places.**



**And OCD has lots of tricks:**

**It can use all of the smart things you've learned to make a doubt feel really, really big!**

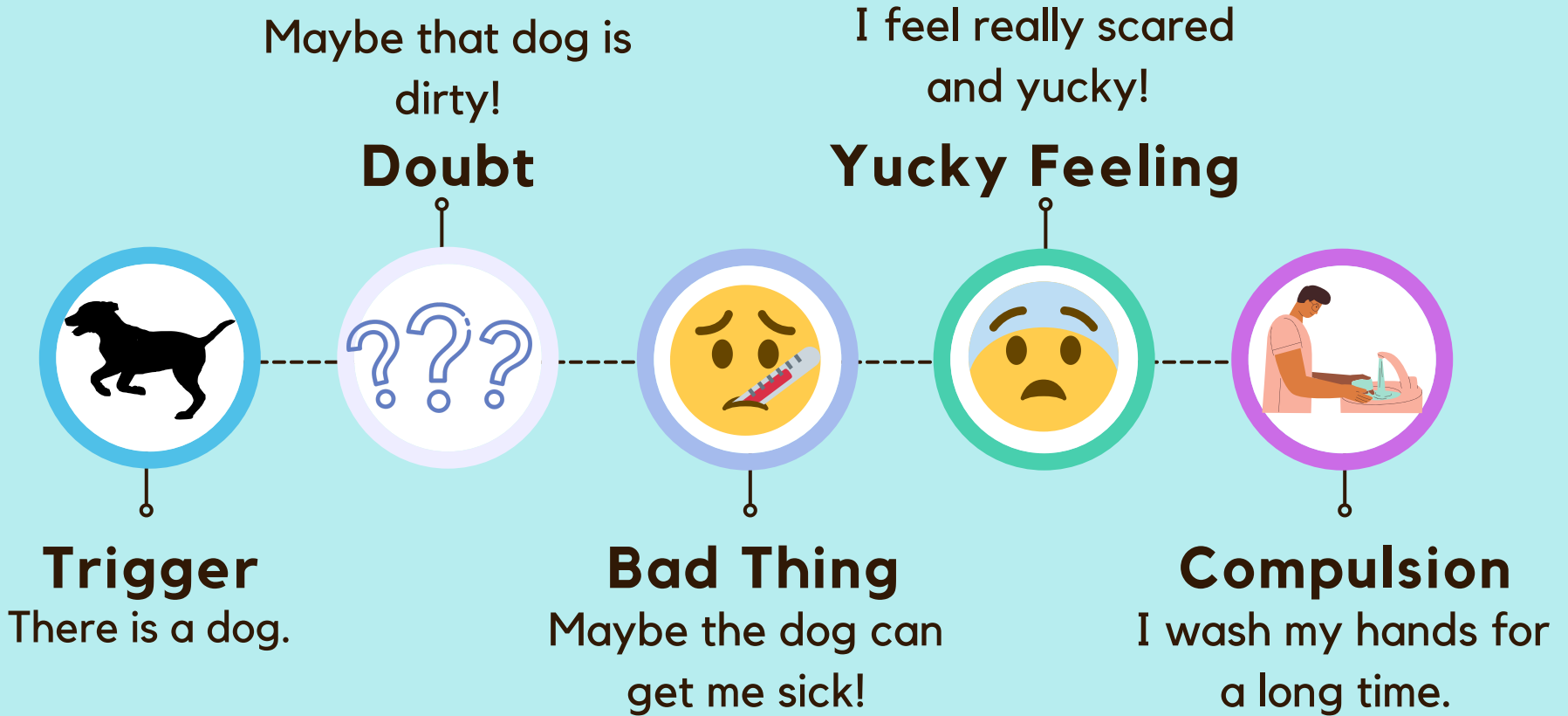


**Right now, OCD is using those smart things you know as **REASONS** to help form the OCD doubt.**

**You will learn how to spot OCD's tricks later.**

# HOW DOES OCD WORK?

# LET'S SEE OCD IN ACTION:



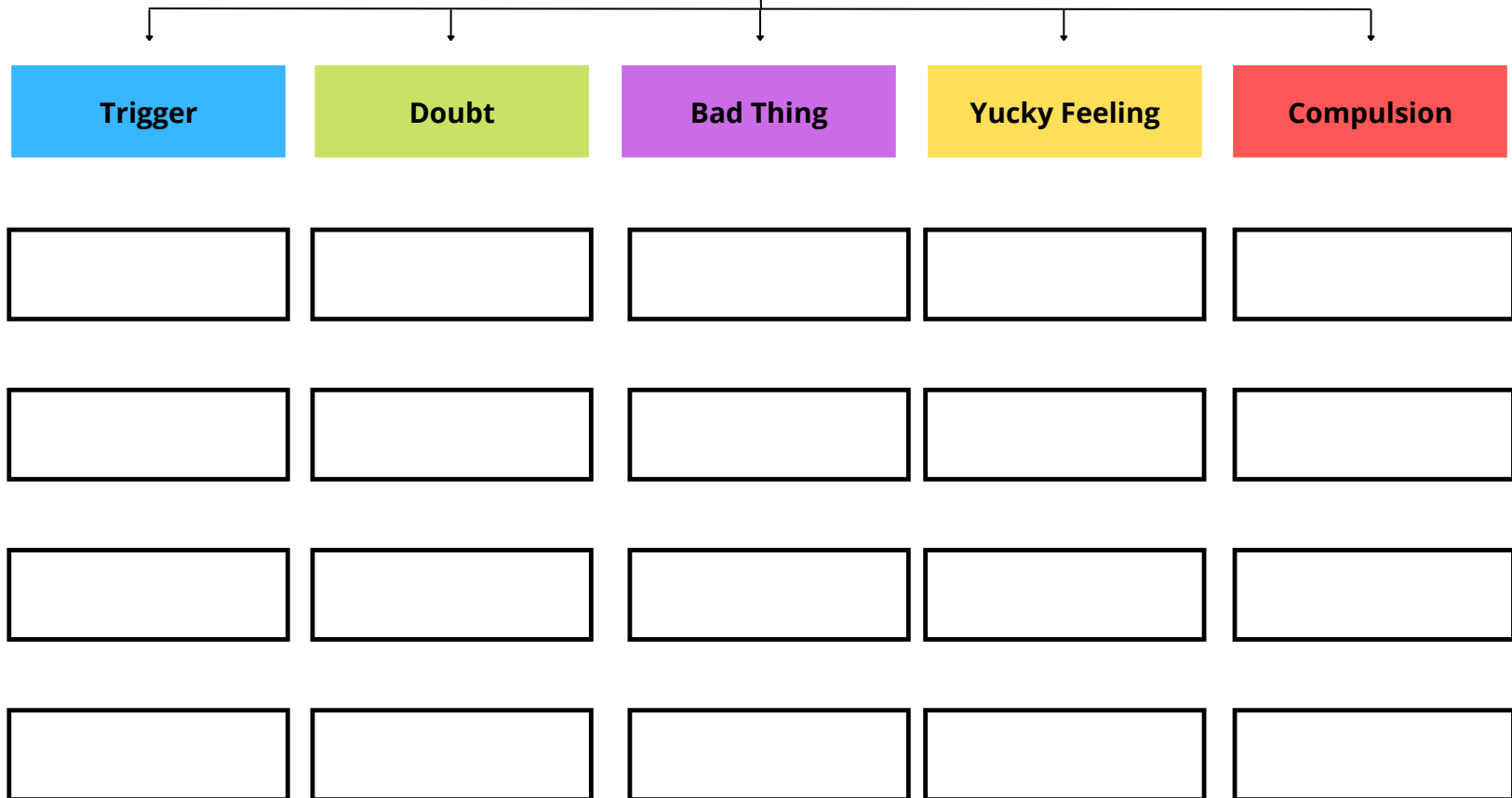
The background is a solid light blue color. In each of the four corners, there is a cluster of dark grey paw prints of varying sizes, arranged in a slightly curved pattern.

**Now, let's list your  
OCD doubts!**



# DOUBT SEQUENCE

## Ingredients of OCD



# Module Two

**The Reasons  
Behind Your  
OCD**



# Doubt Has Reason Behind It



- **Doubts don't just appear in your mind without a reason.**
- **You also can't have obsessions or compulsions without a reason.**
- **You have to believe something could happen in order to have doubt.**
- **Example: In order to doubt that you might make a mistake, you have to have a reason of WHY you think you might make a mistake. Maybe you've made a mistake before. Or maybe you've seen someone else make a mistake.**



# Types of Reasons Behind Doubt

There are five main categories that make us have reasons behind our doubts.

**FACTS**

**Dogs can bite**

Facts are things that we as a society know to be true.

**RULES**

**We are supposed to ask before we pet a dog we don't know.**

Rules are actions we are supposed to follow.

**THINGS I'VE EXPERIENCED**

**I saw a dog bite another dog one time.**

We have experienced things and remember them.

**STORIES I'VE HEARD**

**My friend told me they got bit by a dog.**

Other people tell us about their experiences.

**IT'S POSSIBLE**

**Maybe I could get bitten by a dog.**

We can imagine anything happening.

# Reasons Behind My Doubt

**Facts**

**My Doubt**

**It's Possible**

**Rules**

**Things I've  
Experienced**

**Stories I've  
Heard**



# Let's Get Creative!

For each situation, think of reasons why someone might have that doubt.

**Remember to use:  
facts, rules, personal experience, other  
peoples' stories, and possibility**

I might  
get sick.

I might  
fall down.

I might  
forget my  
homework.

I might  
say something  
dumb.

# Module Three



**Your  
Obsessional  
Story**

# Why Do Doubts Feel So Real?



**Let's talk about stories  
to find out!**

How did this kitten end up dressed  
like this?  
(Past)

What is the kitten doing in this  
picture right now?  
(Present)

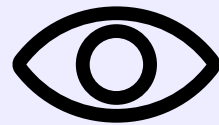
What is the kitten going to do  
next?  
(Future)





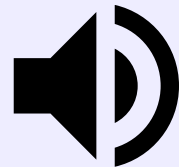
Stories can involve  
the past, the  
present, and/or  
the future.

They also involve our senses:



Sight

Touch



Sound

Smell



Taste

# TELL THE STORY OF YOUR MORNING



**WHAT HAPPENED  
FIRST?**

**THEN WHAT?**

**AND THEN?**

**AND AFTER  
THAT?**

**AND NOW GIVE  
THE STORY AN  
ENDING**

What **SENSES** did you  
use in your story?

Touch    Sight  
Taste    Hearing  
Smell

# Tell a Story About This Dog



# HOW DID YOU CONSTRUCT YOUR STORY? DID YOU USE:

**THINGS YOU SAW IN THE VIDEO?**

**INPUT FROM YOUR THERAPIST?**

**YOUR IMAGINATION?**

Let's practice storytelling a bit more. Tell a story about this cat -- and make sure you use your imagination!



Now tell a DIFFERENT story about  
the same picture - use your  
imagination again!



**Which story about the cat  
actually happened?**






Neither one, right???

Why?

Where did the stories come  
from?





**They came from your  
imagination, right?**

**You can make stories up in  
your mind!!!!**



**But here's a question:**

Did making up those  
cat stories in your  
mind make them  
happen in real life?



✓ YES



✗ NO




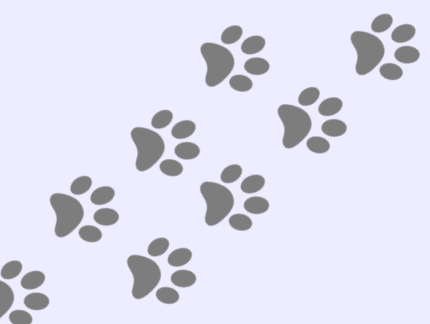


Imagining a story doesn't make it happen in  
real life.





Now, let's tell a story  
about what happened  
in this session...



## 1st

We made up a story about a cat dressed up in a funny outfit.

## 3rd

We made up a story about a dog with a big stick.

## 5th

Now we are doing this activity: going over what the story of our session has been.

## 2nd

We went over the story of your morning

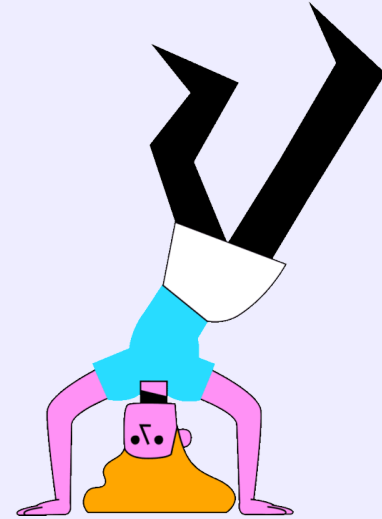
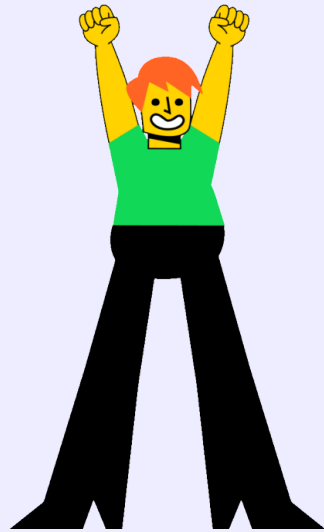
## 4th

Then we made up two different stories about the same cat.

## What's Next?

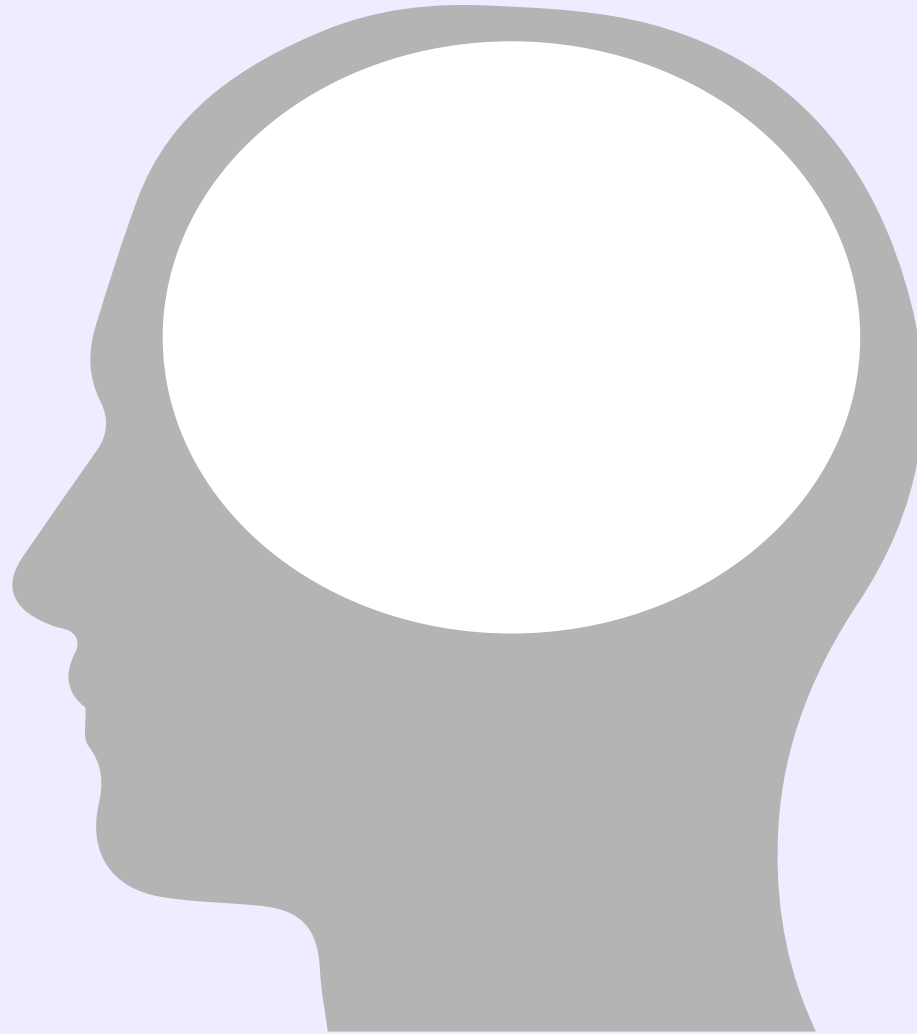
What do you think MIGHT happen next? Use your imagination! Get a really good picture in your mind and hold onto it. Lets see if you can make it happen...

Did you  
imagine this?



No?

What did you imagine was coming next?



Now I'm going to tell you a story about this  
apple:



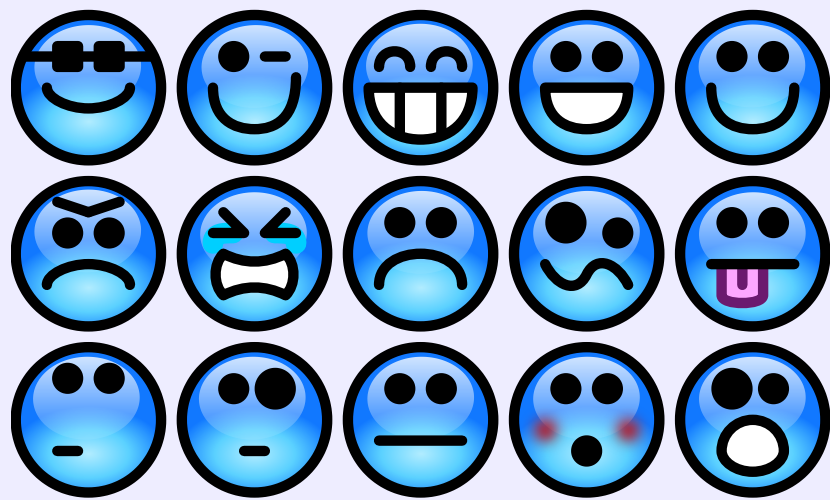




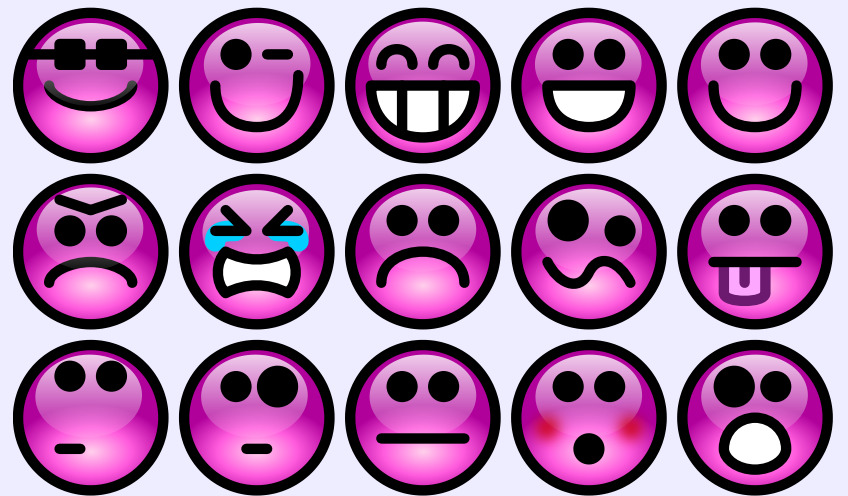
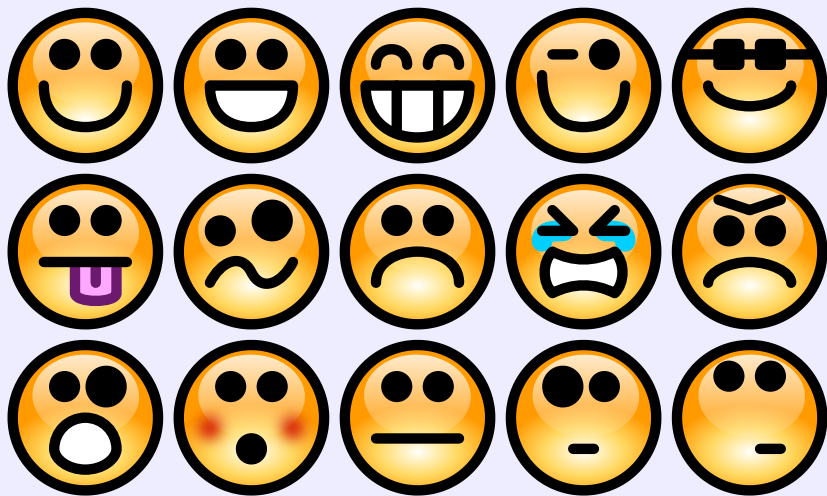
This apple was JUST picked off an apple tree and washed under cool, clean water. It is supposed to be the tastiest apple ever. How do you feel about eating this apple?



Now here is a different story about the SAME picture of an apple: You can't see them, but there are a TON of worms curled up inside this apple. And on the back of the apple is a big brown spot that is gooey. Would you want to eat it now?



**Stories can change the  
way we feel!**



**Let's do one more:**





This bunny has been at the animal shelter for a year. No one wants to adopt him. He doesn't have any other bunnies to play with. They take good care of him, but he really wants a home. What emotion do you feel?





This bunny lives with a family who loves him so much! He has a bunch of bunny friends, and he gets to eat carrots and play outside in the yard. His family keeps him safe, and he loves his life. What emotions do you feel now?



When you have OCD, you tell yourself a story  
called an **obsessional story**.



This is the story that OCD makes up using your  
**IMAGINATION**  
and causes you to worry or feel yucky.

# What is your obsessional story?

Draw or write out the story OCD tells you is going to happen.

You can do this by looking at the reasons you came up with in Module 2 and linking them together in a story - there is an example on the next slide.



## **EXAMPLE**

**I have to check my backpack over and over to make sure it is zipped shut because sometimes I forget things and might leave it open.**

**I did leave it open one time, and later I couldn't find an assignment I needed to turn in.**

**I also know someone who left theirs open at school and someone stole something out of it.**

**Maybe someone could steal something out of mine too.**

# Key Things To Remember So Far

## Doubt Sequence

OCD doubt follows a sequence

Trigger  
Doubt  
Bad Thing  
Yucky Feeling  
Compulsion

## Reasons Behind Doubts

There are things that make your doubt feel real

Facts  
Rules  
Things You've Experience  
Other People's Stories  
Possibility

## Obsessioal Story

OCD uses our awesome imaginations to create doubt

We can change the way we feel about something based on the story we tell ourselves about it.

# Module Four



**The  
Vulnerable  
Self**

This is Bo



In Bo's herd, Bo is known for being super sweet, funny, and someone you can count on.

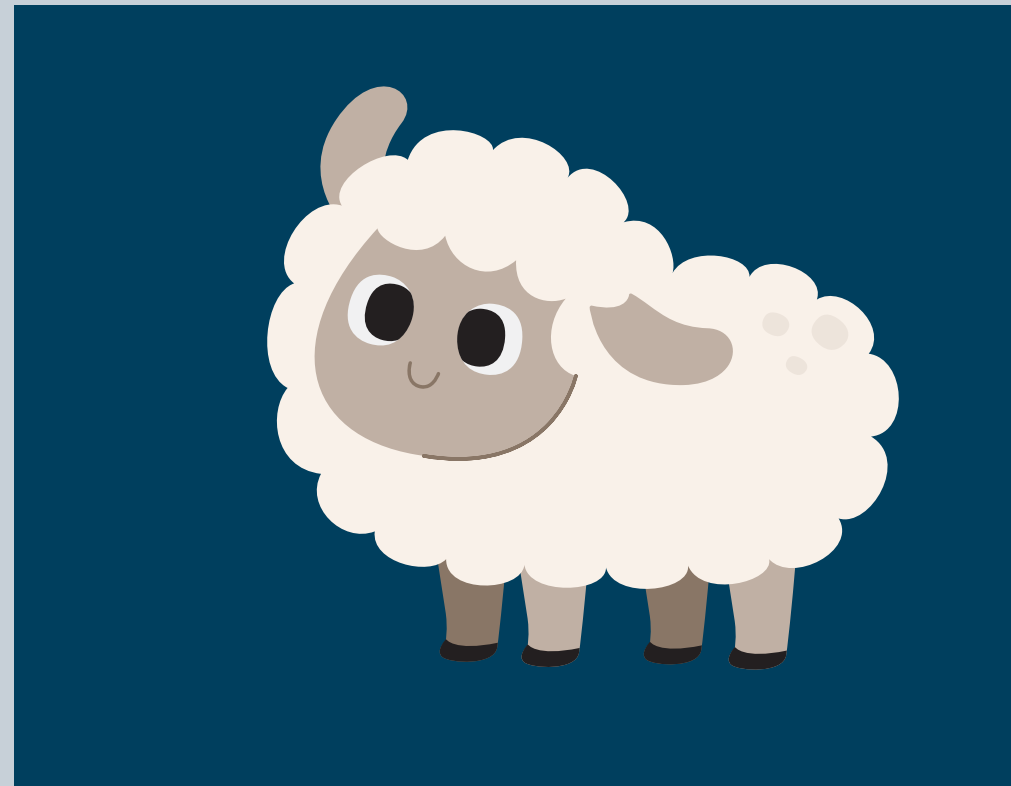
Bo has OCD and has the following doubts:

"Maybe I will be a sheep who forgets to close the gate, and it won't be locked."

"Maybe I will be a sheep who doesn't listen when the farmer calls."

"Maybe I will be a sheep who gets mud on my fleece coat."

"Maybe I will be a sheep who annoys the other sheep."



What do these doubts have in common?



"Maybe I will be a sheep who forgets to close the gate, and it won't be locked."

"Maybe I will be a sheep who doesn't listen when the farmer calls."

"Maybe I will be a sheep who gets mud on my fleece coat."

"Maybe I will be a sheep who annoys the other sheep and not notice."



These doubts are all about not paying attention.

What sort of person - or sheep in this case - doesn't pay attention?



# A person/sheep who is careless.



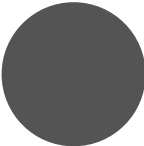
Poor Bo!

OCD is telling a story  
that Bo might become  
a careless sheep.

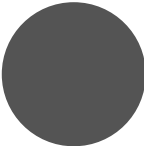
This is what we call A Vulnerable Self.



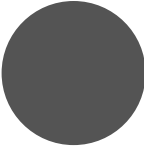
THE  
VULNERABLE  
SELF



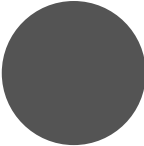
This is the person my OCD tells me I might become if I don't do my compulsions.



The Vulnerable Self is based on a story. Just like all of my doubts are based on a story.



The Vulnerable Self is the opposite of who I really am.



The Vulnerable Self is the reason I doubt some things and not others.





Let's look at Bo's  
Vulnerable Self...

# Compulsions

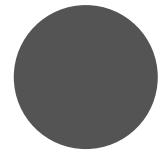
Bo feels an urge to check the gate and for mud all the time. Bo also gets reassurance from the other sheep and the farmer that Bo hasn't done anything wrong.



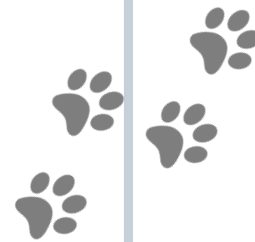
THE  
VULNERABLE  
SELF

# Fear of Who Bo Will Become

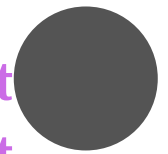
Bo's OCD says that being careless would be a very, very bad thing. And so Bo wants to avoid this.



Bo's fellow sheep say that Bo is sweet, funny, and someone to count on.



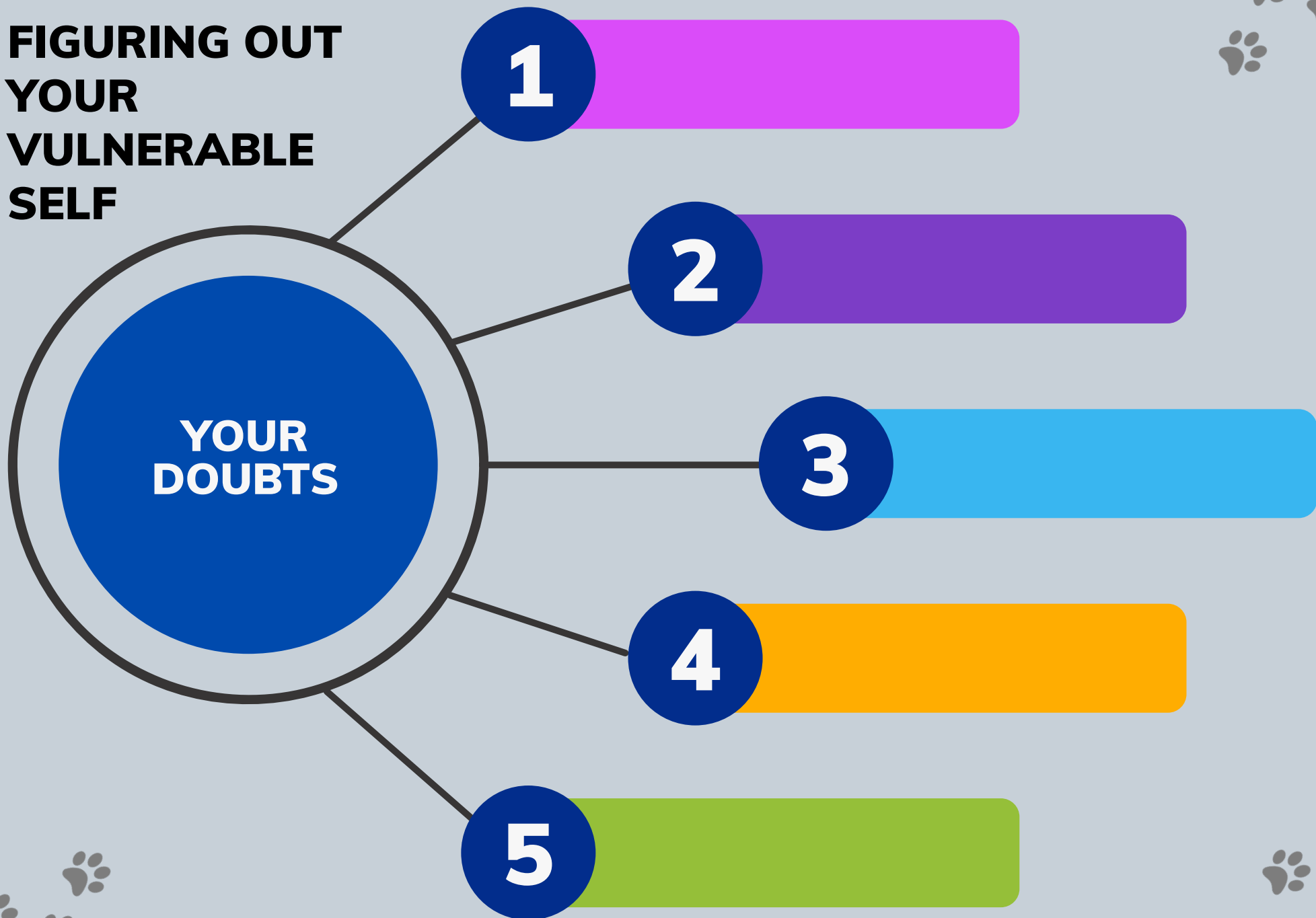
Bo's doubts are about making mistakes but not about becoming a lizard because Bo's Vulnerable self is about being careless, not becoming a reptile.



# Who Bo Really Is

# Why Bo Has Certain Doubts

# FIGURING OUT YOUR VULNERABLE SELF



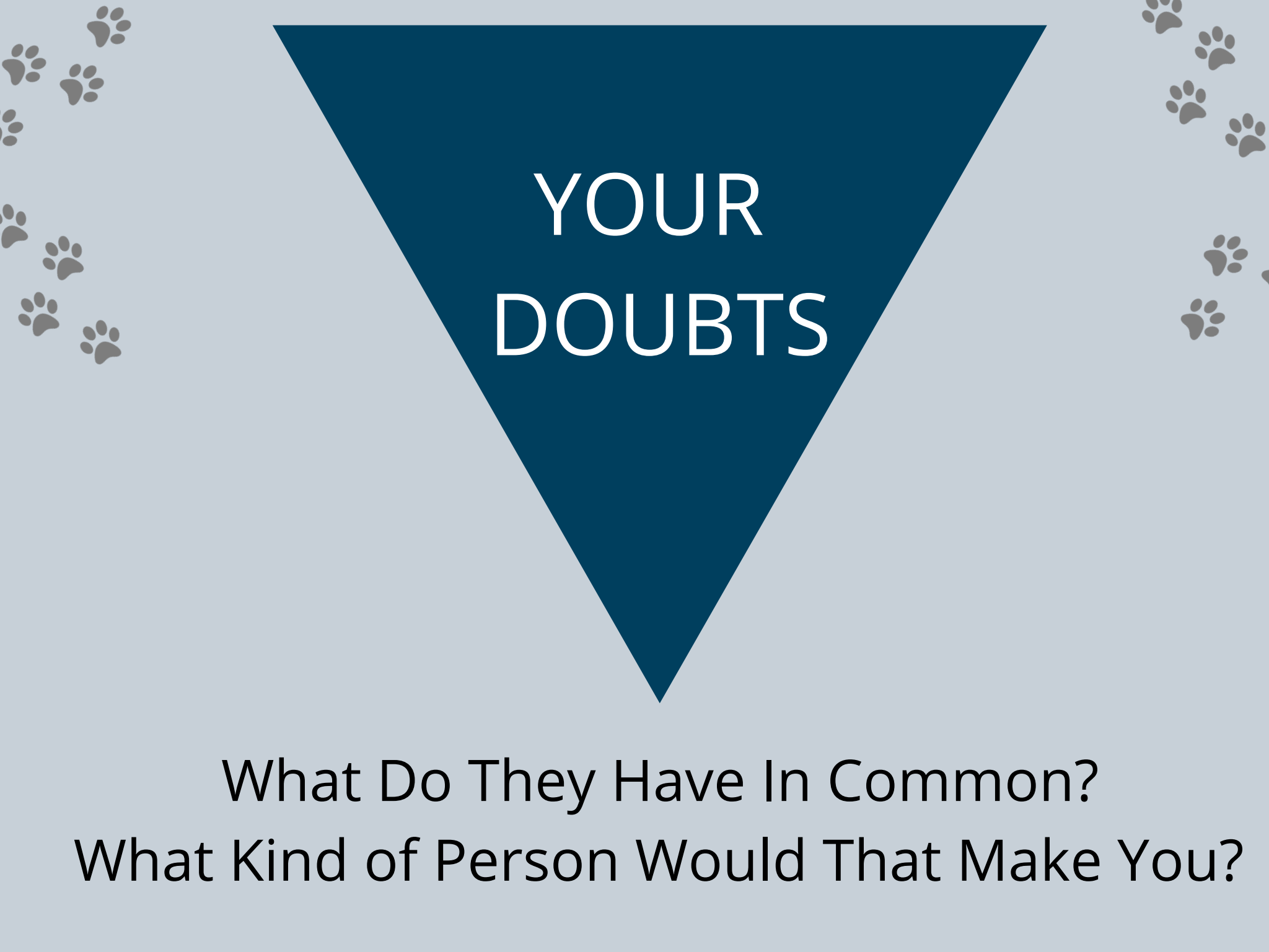
1

2

3

4

5



# YOUR DOUBTS

What Do They Have In Common?  
What Kind of Person Would That Make You?



# **Your Vulnerable Self**

**Theme is:**

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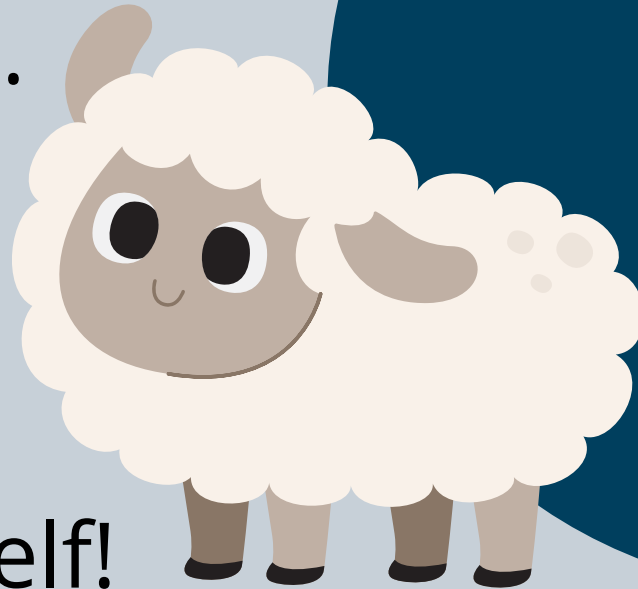
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Bo has decided that  
the Vulnerable Self  
Story is causing a  
yucky feeling.

Bo is going  
on a hunt to  
find The Real Self!



Stay tuned!

PS: Bo hopes you will find  
your Real Self too!

# Module Five



**A Tale of  
Two  
Lands**



OCD stories feel very, very real.

But do you remember where OCD gets the power for those stories?

The power comes from your own imagination!





We will use stories to help  
us learn how OCD  
gets its power from our  
imaginations.

But first, let's look at two  
different lands.





## The Land of Here and Now

Anything you can sense around you as well as your **common sense**

SEE

HEAR

TASTE

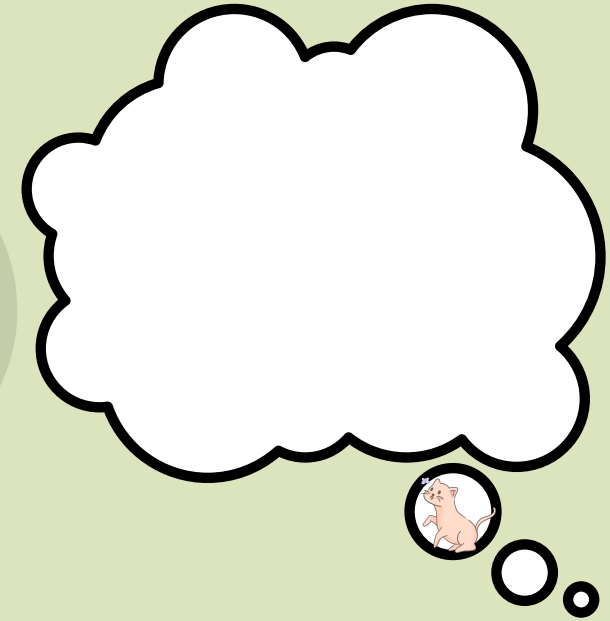
TOUCH

SMELL



## The Land of Imagination

Anything you can imagine in your mind (whether real or made-up).



We are going to use this picture to tell a story from each land we just learned about. We can only use what is in that land to tell the story. You ready?





Story from the Land of Here and Now:  
You can only use what you see in the picture!  
This can be tricky - only say what you see!

Land of Imagination story:

You can use your imagination this time!

Anything is possible!



Now close your eyes  
and listen.


What can you hear?

This is what you can hear  
in the Land of the Here and  
Now!





Now go into the Land of Imagination:  
If you use your imagination powers, what  
do you imagine you could hear from  
looking at this picture?



Pick up an object  
around you.


Using your sense of touch from the  
Land of Here and Now,  
describe what you feel!



Using your skills from the Land of Imagination, what might you feel if you were inside this picture?

Be creative! See if you can make yourself feel what you imagine!





Let's not forget  
about Taste and Smell  
from the  
Land of the Here and Now!

Can you taste or smell  
anything right now?

What can you imagine tasting and smelling in this picture from the Land of Imagination?






There is another important sense in  
the Land of Here and Now.

It is called your  
**COMMON SENSE.**

Common sense is about having  
good judgment.  
It's trusting yourself.






What does your common sense tell you about this picture?

Should you ever touch fire with your hands?

Is it safer to toast marshmallows with a long stick or a short one?

Your common sense knows the answers to those questions.




# OCD takes its power from the Land of Imagination.

Then...

It tricks you into leaving the Land of Here and Now  
and takes you into the Imagination.

To do this, it gets you to doubt yourself, and to doubt  
your senses (sight, hearing, taste, touch, smell)  
and to doubt your common sense.  
Which makes you doubt yourself!






What do you FEEL when  
you to look at this kitten?




What if I told you that your feelings about the kitten are wrong and you shouldn't trust them...should you believe me or trust in yourself?





You should believe  
in yourself!!!!

You shouldn't believe me  
and...  
you shouldn't believe your  
OCD either  
because...  
OCD is making things up  
in your imagination!





But...  
sometimes,  
isn't it okay to  
doubt  
something?

Absolutely!

There are times when we SHOULD doubt.

But those are times when it has  
nothing to do with our OCD.

Let's explore two types of doubt...



# Types of Doubt

## Reasonable Doubt

These are questions that come up because there is evidence in the Land of Here and Now that prompts the question.

### Example

You have a picnic planned. It is cloudy outside. You might think:  
Will it rain today?

This is a Reasonable Doubt. This is a question that makes sense to ask since you will be outside and it is cloudy. You can look at a weather report and find the answer.

## Obsessional Doubt

These are questions that don't have good evidence to back them up. They come from the Land of Imagination.

### Example

You lock the front door. Then you question:  
Did I lock the door?

If you just locked the door and are asking this question, then you are not trusting your senses. You already heard the lock click. You saw and felt your hand turn the lock. This is an Obsessional Doubt.



Let's Practice  
With Some  
Stories Again

Remember - Reasonable Doubt comes from things that make sense to have a question about because there is evidence in the Land of Here and Now.

Obsessional Doubt won't have direct evidence and will involve you not trusting yourself, your senses, or your common sense. It will come from the Land of Imagination.



You hear a cat meowing  
in the room that you are in.

You don't see the cat.



The cat has gotten stuck in  
the closet before.

You wonder, "Is the cat  
stuck in the closet again?"

Reasonable Doubt or Obsessional Doubt?

# Reasonable Doubt

You HEAR the cat crying.

You can't SEE the cat.

You know with your COMMON SENSE  
that the cat could be hiding in a place it  
went before.

You can resolve the doubt quickly by  
opening the closet door and letting the  
cat out.



The cat is meowing.



He is walking around and then pouncing on a toy mouse.

He is walking fine.

He meows again.

You wonder if the cat is hurt.

Reasonable or Obsessional Doubt?





# Obsessional Doubt

The cat is playing.

He isn't limping.

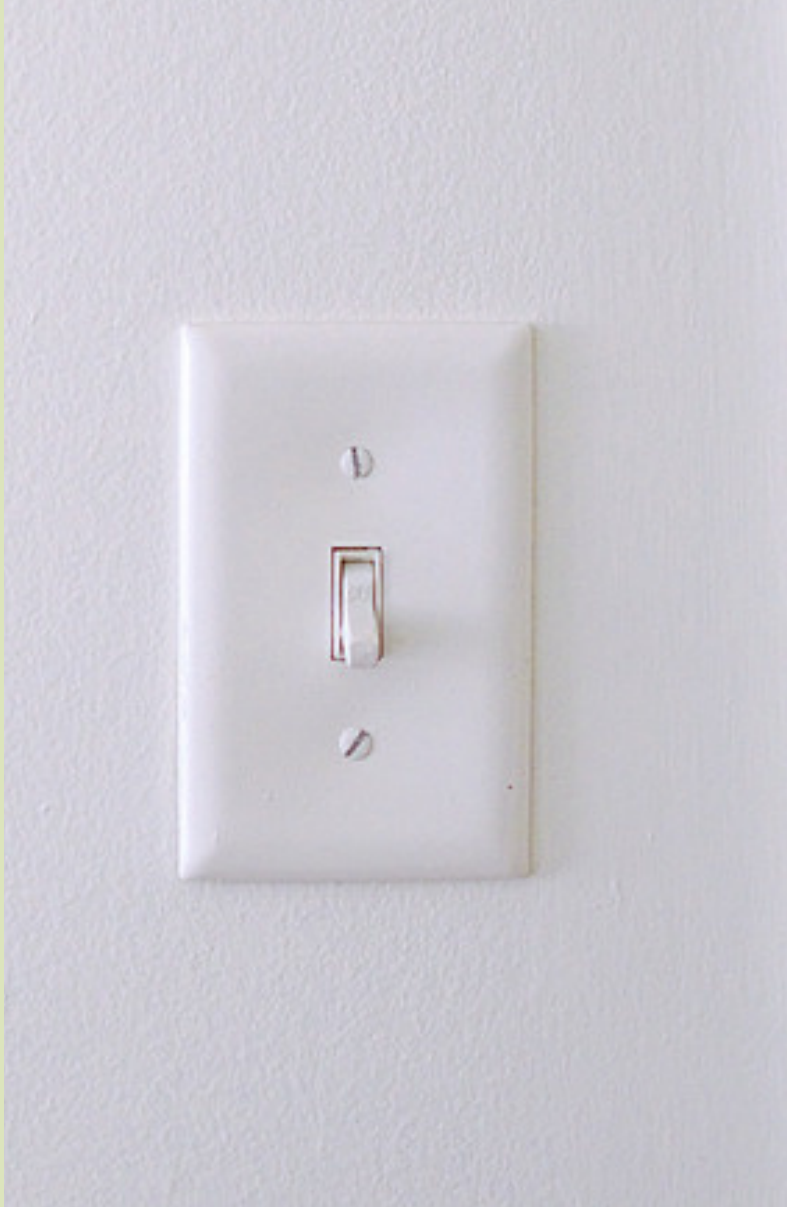
There isn't a cut on his leg.

There is no direct evidence from the

Land of Here and Now

that shows he is hurt.





You are leaving a room and flip the light switch off. It is now dark in the room

You wonder, "What if the light isn't really off?"

Reasonable Doubt  
or Obsessional  
Doubt?





# Obsessional Doubt

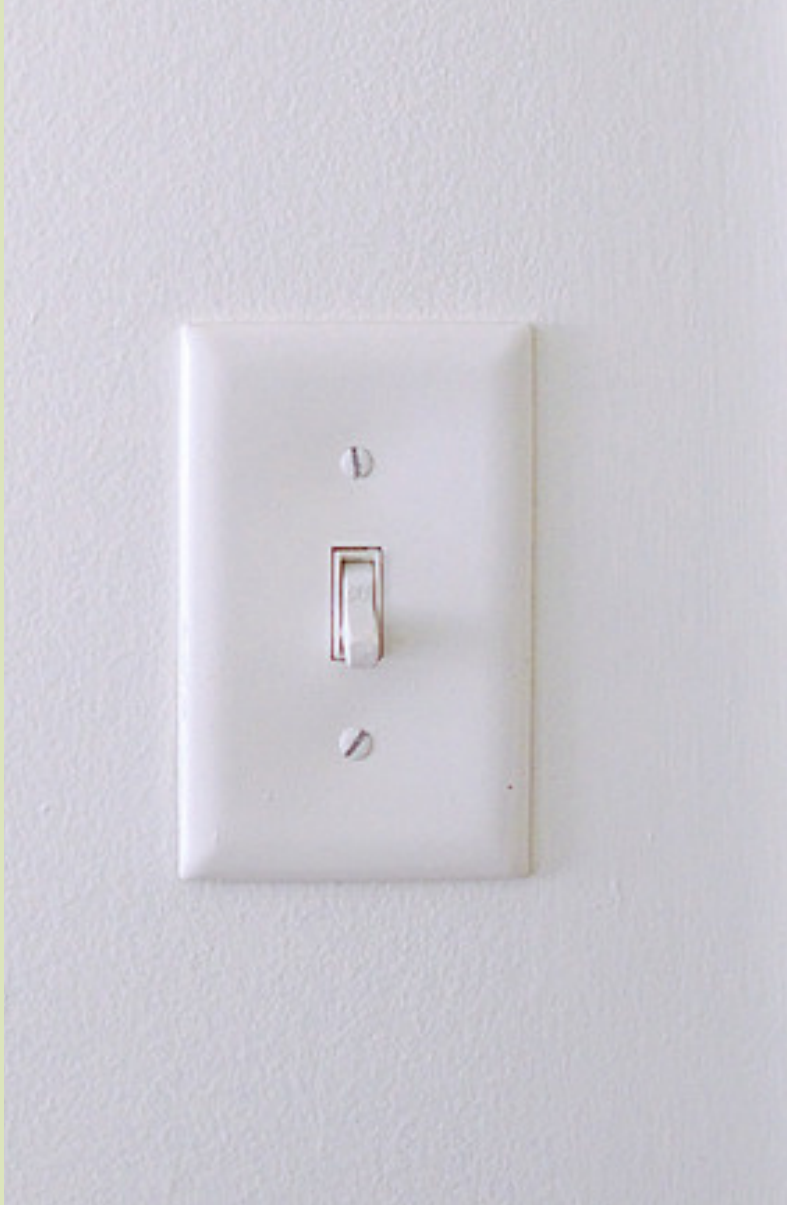
You flipped the switch off. You aren't trusting your senses.

You can see the light if off and it is dark.

You felt your hand flip the switch.

There isn't direct evidence from the Land of Here and Now.





There is a  
thunderstorm going  
on outside.

The light in the room  
goes off without  
anyone touching the  
switch.

You wonder if the  
power just went out.

Reasonable or  
Obsessional Doubt?



# Reasonable Doubt



Storms cause power outages.

The lights went off during a storm.

You can go check another room to see  
if the power in the house is still working  
or by checking with the power  
company.

The doubt can be solved by staying in  
the Land of the Here and Now.





Another way to put this is...

Reasonable Doubt is linked to Reality (Land of Here and Now)


Obsessional Doubt is linked to Imagination

Ask yourself:

"Where is the evidence coming from for this doubt?"

If you aren't able to resolve the doubt by finding evidence right in front of you, then it is your OCD talking.

And as we are going to find out in another Module...OCD is full of tricks!




# Homework



With your therapist or another adult  
look at your obsessional story from  
Module 3.

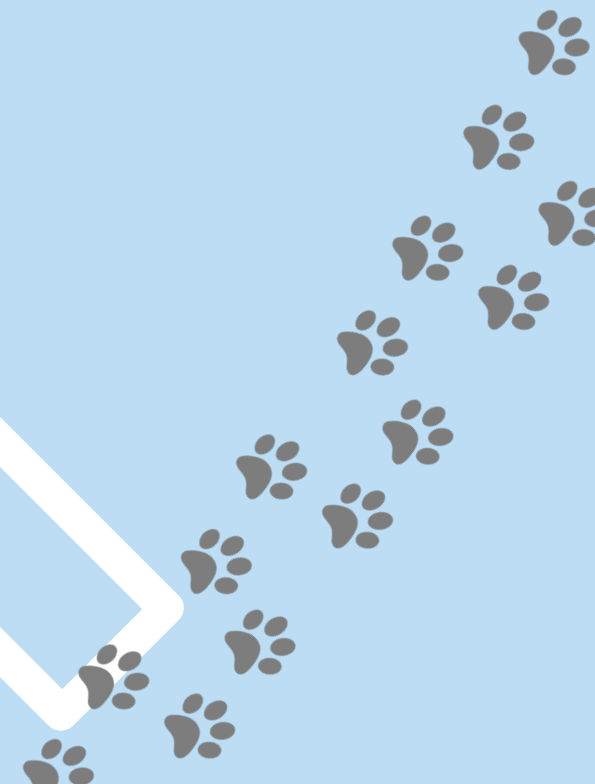
Can you find any evidence from the Land of  
Here and Now to support your OCD doubts?



# Module Six



**Possibility**





# Where does OCD live again?



The background is a solid light blue color. There are four stylized blue clouds: one in the top-left corner, one in the top-right corner, one in the bottom-left corner, and one in the bottom-right corner. In the top-left corner, there are several brown paw prints of varying sizes, some appearing to trail upwards. In the bottom-right corner, there are also several brown paw prints, some appearing to trail downwards.

**OCD lives  
in the  
Land of Imagination!**

# But...things CAN happen, right?



01

Yes, things do happen.

02

Lots of things are POSSIBLE...BUT...

03

Possibility doesn't mean OCD is right

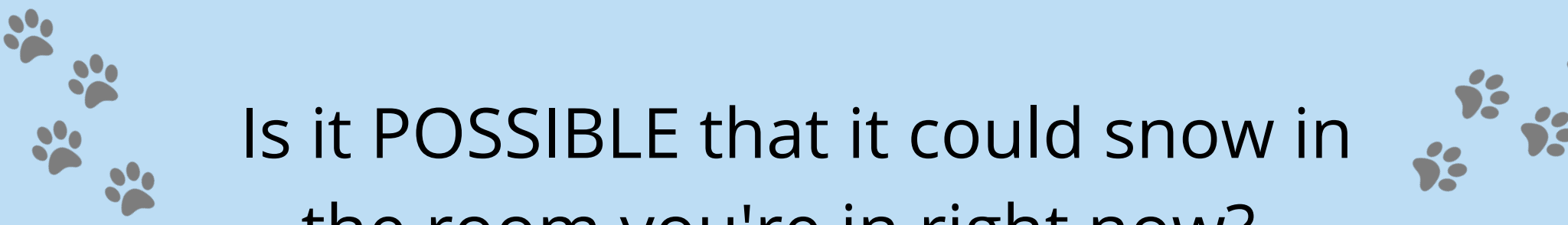


# A Story of Possibility

What if I think to myself, "A meteor could come fall on my head in five minutes." Does thinking that thought mean it will happen? Is there direct evidence?



Let's try out Possibility in another way:



Is it POSSIBLE that it could snow in  
the room you're in right now?

Maybe the roof will blow off in three seconds  
and a snowstorm will blow in two seconds  
later. Is it possible? Are you worried about that  
happening?

If you ARE worried about that happening, let's look for direct evidence to see if that is reasonable or obsessional doubt.

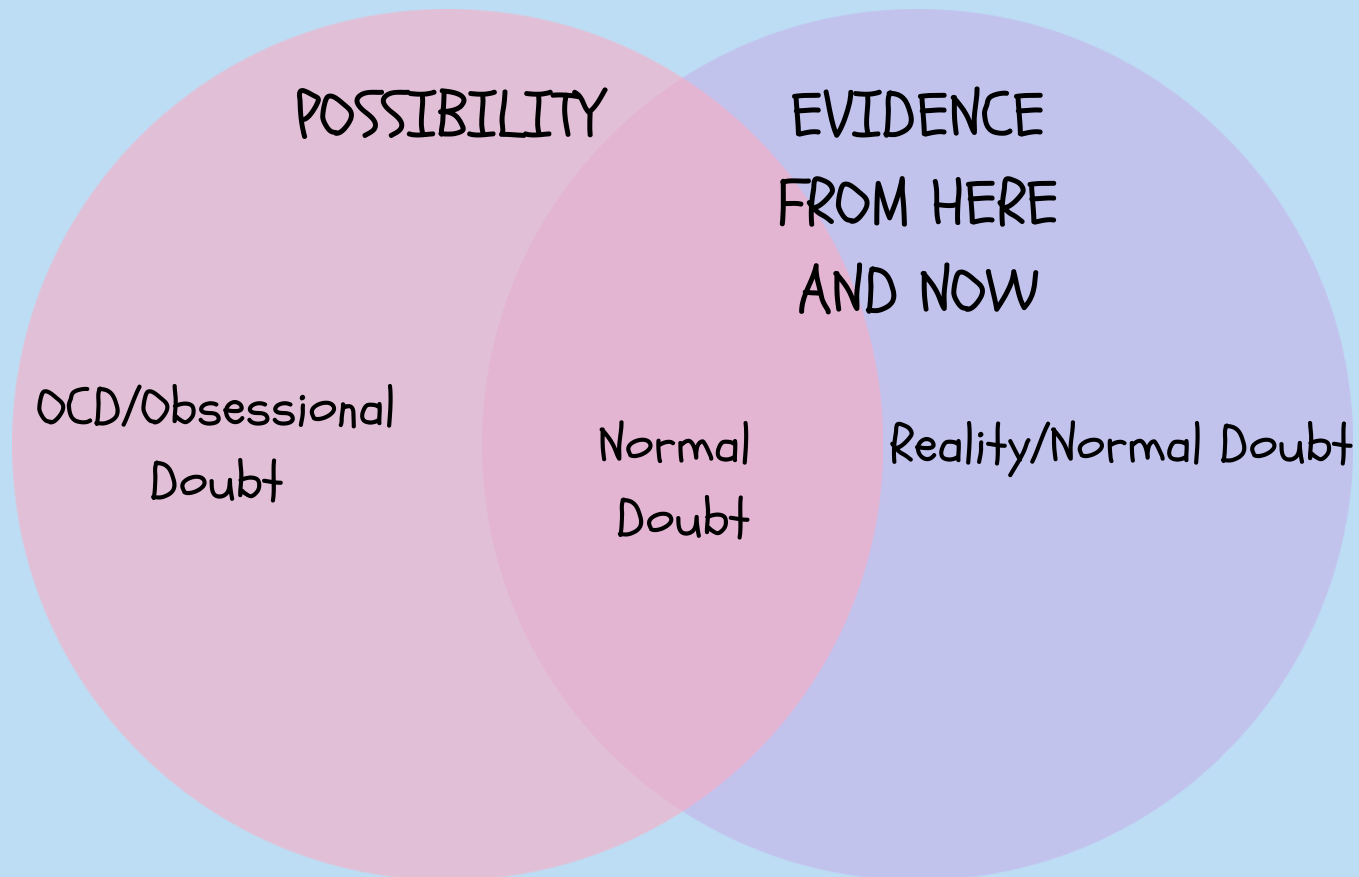
If you ARE NOT worried about that happening, why aren't you?

Does the story seem silly?

Do you see that OCD likes to use possibility even though possibility doesn't make something true?

We need evidence in the Here and Now to back up possibility before we should listen to it.

POSSIBILITY NEEDS AN EXTRA INGREDIENT  
IN ORDER TO BE NORMAL DOUBT -  
IT NEEDS EVIDENCE FROM  
THE LAND OF HERE AND NOW



WITHOUT THE EVIDENCE FROM THE LAND  
OF HERE AND NOW, POSSIBILITY RELIES  
ON THE LAND OF IMAGINATION - AND WE  
ALREADY KNOW WE CAN'T TRUST STUFF  
FROM THERE

POSSIBILITY

OCD/Obsessional  
Doubt - Land of  
Imagination

EVIDENCE  
FROM HERE  
AND NOW

Reality/Normal Doubt







Let's get back to that meteor that could possibly fall on my head.

What do you think? Should I listen to that story of possibility?

What's the direct evidence?

Do I see a meteor in the sky?

Did the news tell me a meteor is for sure coming?

No. I don't see one. And the smart scientists aren't telling me I need to worry.

So, if I choose to listen to that story of possibility, then I'm going into an Obsessional Doubt.

# What about your OCD Story that uses Possibility? Is it different?


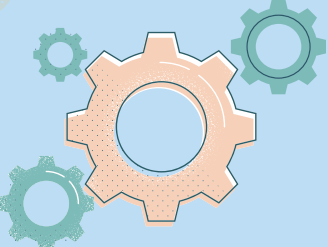
## METEOR STORY

- Based on Possibility
- No evidence from the Land of Here and Now

## YOUR OCD STORY

- Based on Possibility
- No evidence from the Land of Here and Now

- The stories are the same.
- One feels more real to you, but it really is the same.



# Let's look at situations where you already don't rely on possibility - see if one or more of these fits for you.

1

You don't worry that people forgot about your birthday when you see a cake or presents in front of you.

You trust your senses:  
You see presents.  
You see cake.

2

You don't worry about your pet being lost outside when they are cuddled with you on the couch.

You trust your senses:  
Your pet is cuddled up with you.  
You can see the pet inside.

3


You don't worry that your teacher will decide to stop teaching and let you go down water slides for the rest of the year.

You trust your senses:  
Your common sense says that teachers will never be that fun.  
You see the homework.  
You hear the lessons.

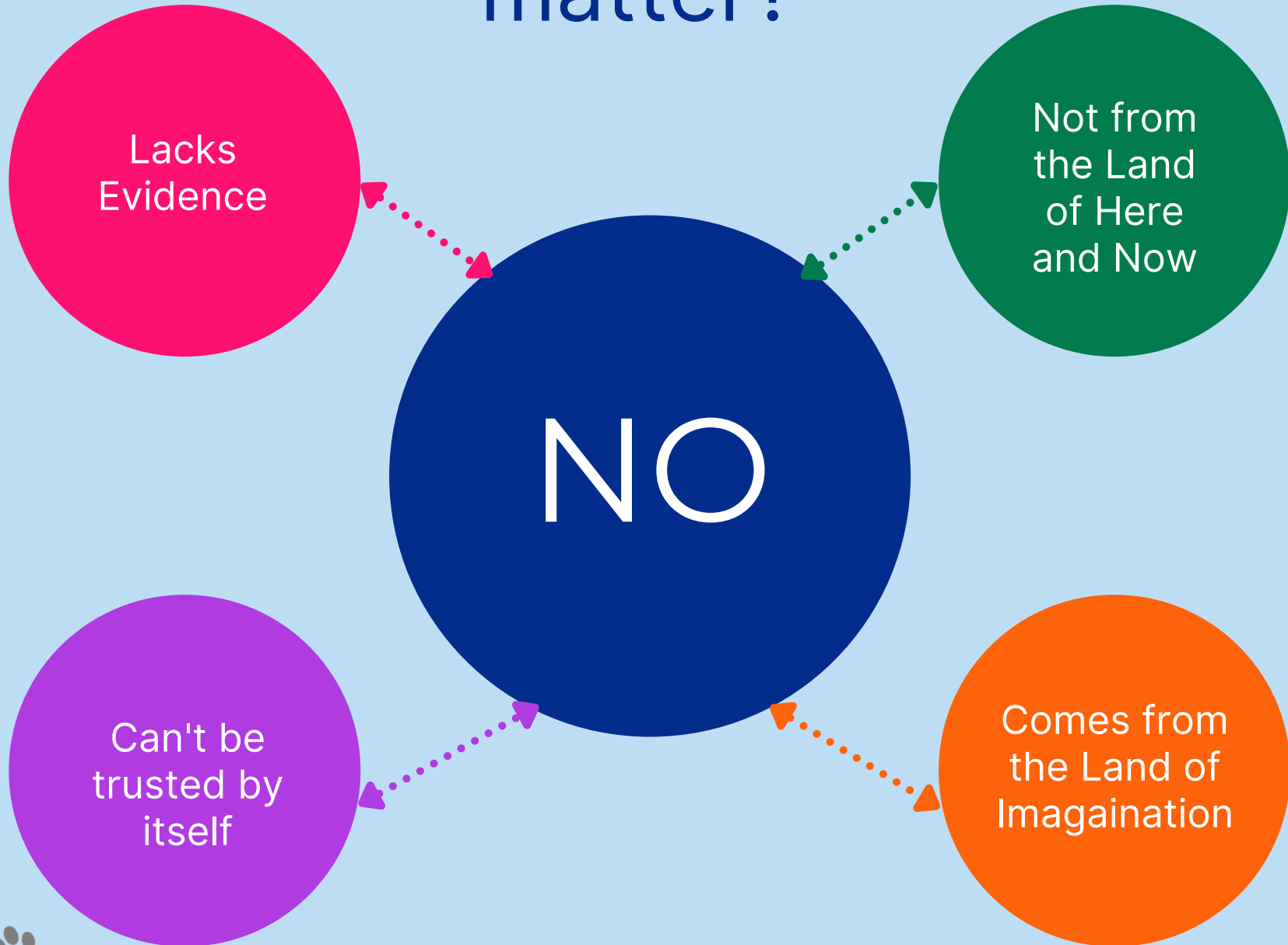
4

You don't worry that you might get run over by a giant, loud motorcycle after checking both ways to cross the street.

You trust your senses:  
You don't hear or see a motorcycle.



# So, does possibility matter?






# Homework

Reread the stories from two slides back. Find one that doesn't bother you. And now try to make it obsessional. Try to convince yourself to worry about it.


Do you see how possibility can make something seem real?



Now tell your therapist or an adult what was wrong with that story - why isn't it a normal doubt?

And here's a big step...Ready?

When you remember that possibility isn't enough evidence to listen to, what can you say about your own OCD story?



Look at your OCD story from Module 3



Can you find spots in the story where you are missing direct evidence from the Land of Here and Now?





**YOU ARE GETTING SO  
GOOD AT THIS DIRECT  
EVIDENCE STUFF!**





# Module Seven



**The OCD  
Bubble**





There is a place we can get caught in the Land of Imagination - like a trap - it is called the OCD Bubble.



# OCD Goes Beyond Reality

**Reality**

**OCD**

**Land of  
Here and Now  
with Direct Evidence  
from your  
senses**

**Easy to go this way**



**Land of  
Imagination  
No Direct Evidence  
from your  
senses**

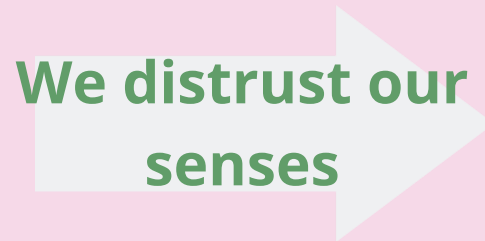
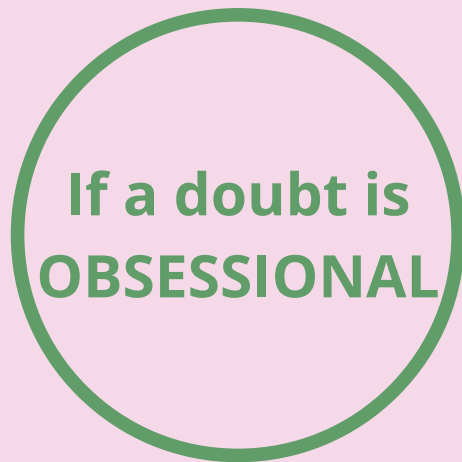
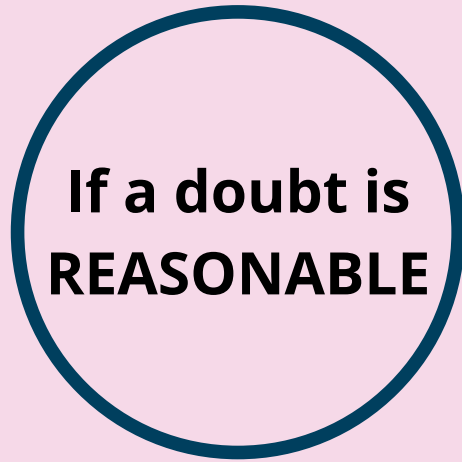
**Hard to go  
back this way**




**because the Land of Imagination  
is STICKY - like gum!**

**We get stuck in the OCD bubble!**

# Remember Reasonable vs Obsessional Doubt?





But here's a  
fact:

Being in the  
OCD Bubble  
actually makes  
us LESS safe.

Let's look at some  
Obsessional Doubts  
and how being the  
OCD bubble makes  
the person less safe:



Joe checks his door  
to make sure it's  
locked by testing it  
over and over, but by  
doing that, he makes  
the handle loose.




Sue worries she  
might be annoying  
her friend so she  
asks for reassurance  
over and over. She  
wasn't annoying her  
friend before, but  
she is now.



Bob worries his hands  
aren't clean, so he  
washes them over  
and over again. Now  
his skin has cuts in it  
which might make it  
easier to get an  
infection.





Do you see how  
the OCD Bubble  
is a trap  
that can actually make  
you less safe?



It also makes you  
more stressed out...





At first, doing your rituals or avoiding things from inside the OCD Bubble will make it seem like your yucky, stressed out feelings disappear.

That may seem to be a good thing, but it really isn't.

Because...



The more you go into the OCD Bubble to try to solve the Obsessional Doubt, the stronger the OCD Bubble gets.

It is harder and harder to pop it and get out!





**What have we learned about how to deal with obsessional doubt?**

**That's right, we have to come back to the Land of the Here and Now and look for direct evidence, right?**

**Let's talk about a special bridge between the Land of Imagination and the Land of Here and Now.**





Good news:

This special bridge is going to help you learn  
you have something you may not know you've  
had all along...

**A CHOICE!!**

# BRIDGE STEPS

## STEP 5

Add the obsessional doubt to your OCD story

## STEP 4

Choose which land to go to



## STEP 3

Pause for 1 minute

## STEP 2

How does that thought make me not trust my senses?

## STEP 1

Notice you are having an obsessional doubt



## STEP 1

**Notice you are having an  
obsessional doubt**

To do this, ask yourself:

What was the first thought that came to mind  
that took me beyond the senses?

In other words: What thought took me to the  
Land of Imagination?

## STEP 2

How does that thought  
make me not trust my  
senses?

What senses COULD you be  
trusting that you aren't?

How does the obsessional doubt  
make you ignore them?



## **STEP 3**

**Pause for 1 minute**

Before you do a ritual or avoid the thing you are worried about, imagine yourself on the bridge between The Land of Imagination and the Land of Here and Now and just pause for 60 seconds. You can imagine something like this in your mind...





# Land of Here and Now



Anything you can sense around you as well as your **common sense**

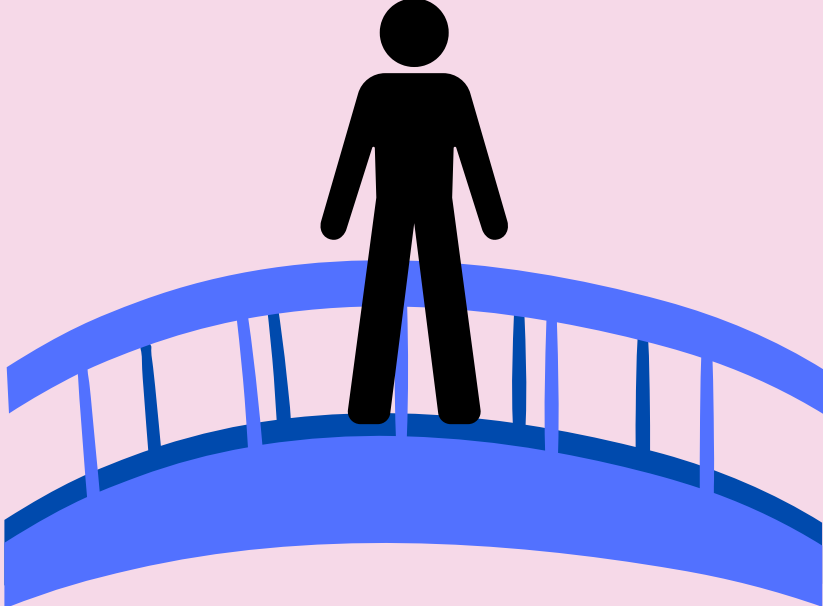
SEE

HEAR

TASTE

TOUCH

SMELL



Look back at the Land or Here and Now - the doubt was never supported there - it only got power when the OCD Bubble took you to the Land of Imagination.

# Land of Imagination



Anything you can imagine in your mind (whether real or made-up).





## STEP 4

Choose which land to go  
to

Now you can choose what to do!

Go into the Land of Imagination and try to solve  
the Obsessional Doubt

or

Go into the Land of Here and Now where the  
Obsessional Doubt wasn't true to begin with.


If you choose to go into the Land of Imagination,  
then ask yourself:

Did you stop the rituals OCD says to do?

Do you think you fixed the doubt?

Do you think it will come back?






If you choose to go back to the Land of Here  
and Now, then ask yourself:

How did you decide the doubt was imaginary?

Did you use your senses in deciding whether it  
was imaginary?

Do you think this could help get rid of the doubt  
for good?



## **STEP 5**

**Add the obsessional  
doubt to your OCD story**

Add the thoughts that took you onto the bridge  
in the OCD bubble to your OCD story.



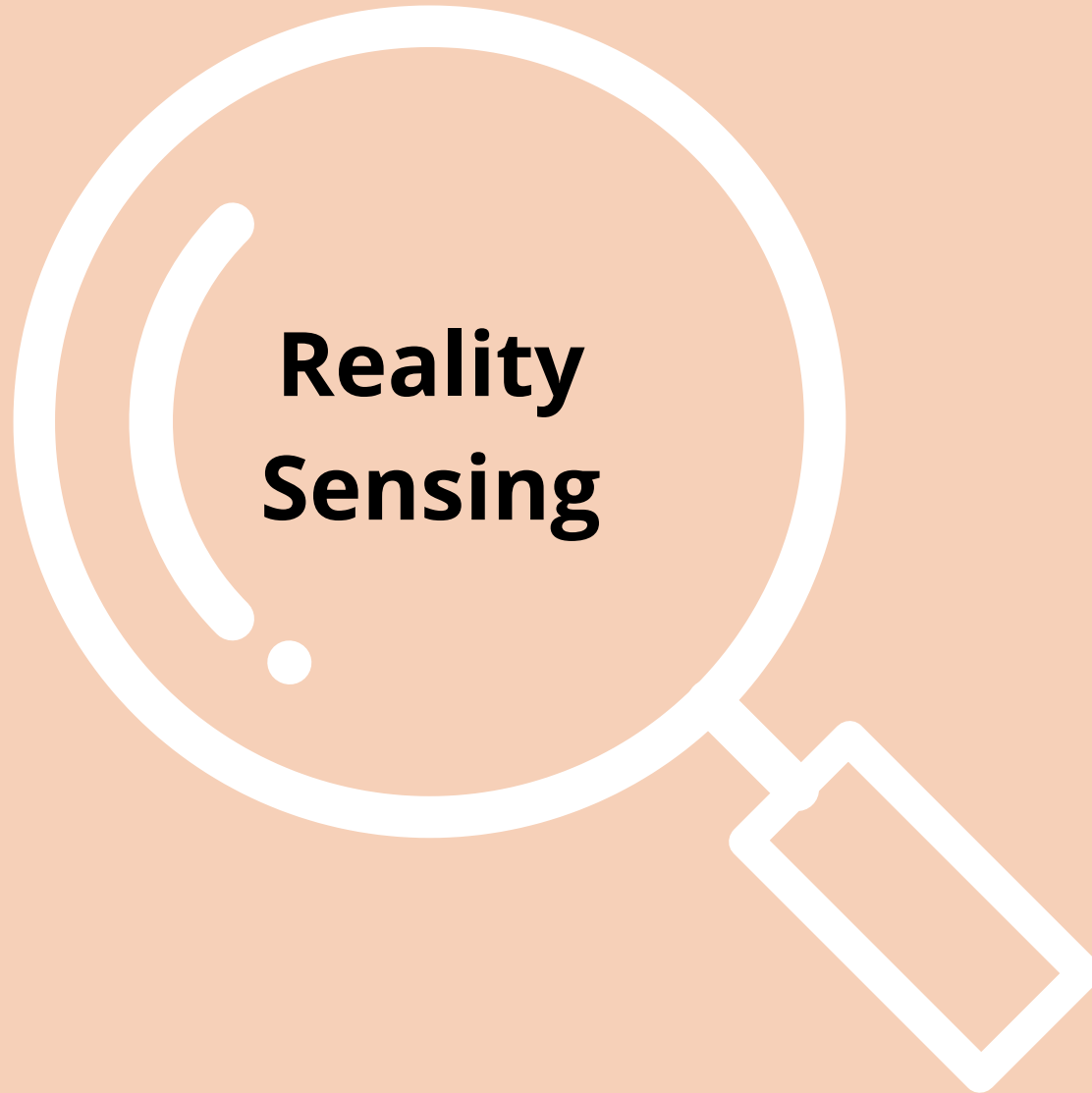


**POP!**

THIS WILL TAKE PRACTICE!!!  
BUT YOU CAN DO IT!

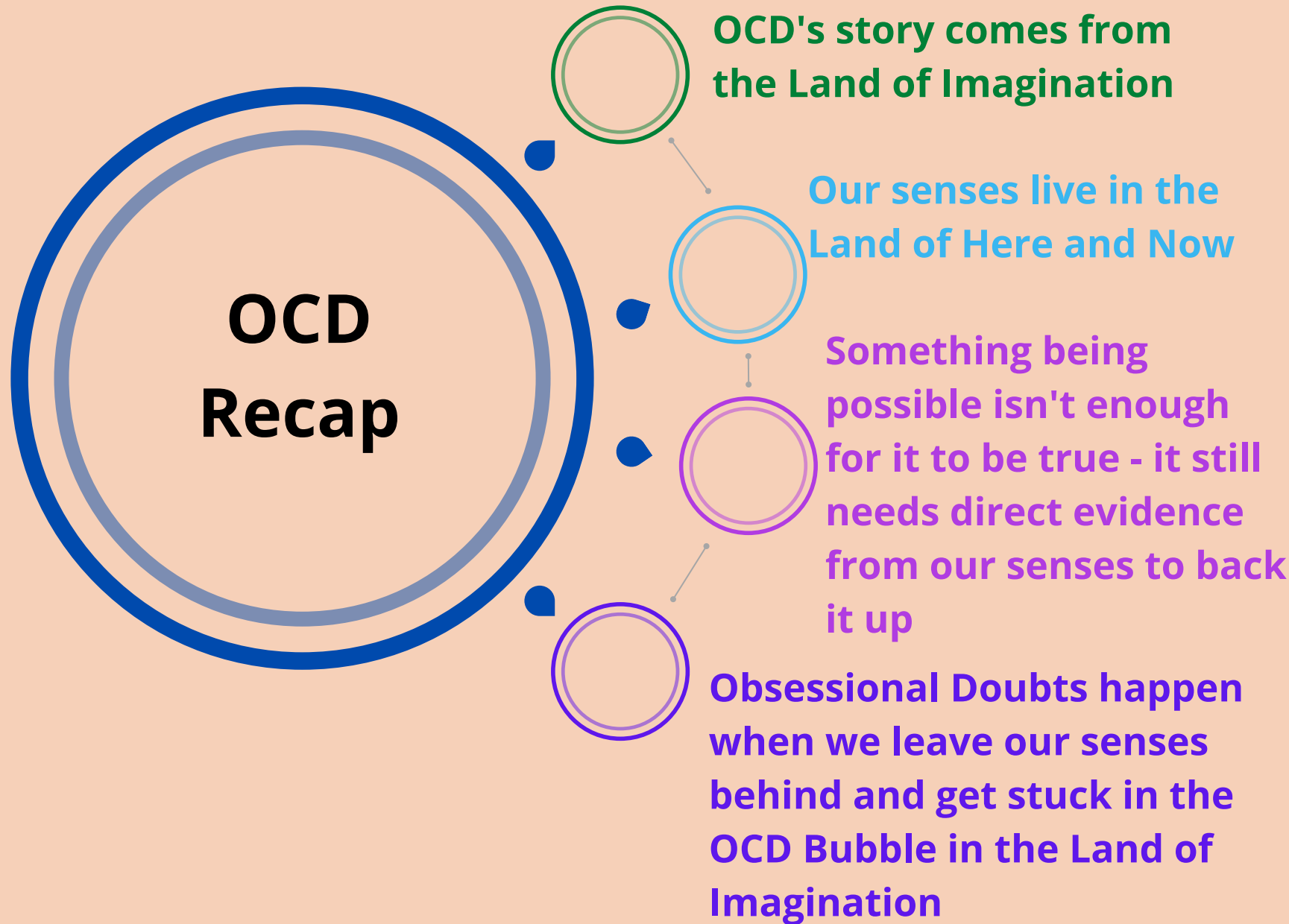
And then, you won't get trapped  
in the OCD Bubble!

# Module Eight



**Reality  
Sensing**

# What have we learned so far?







The next thing to know is...



OCD  
is  
Always  
False



Want to know another interesting fact?  
Before obsessional doubt pulls you in, you are  
already certain with your senses.

OCD is actually making you doubt what you are  
already know is true.

Let's look at an example:





What senses do we use when we close a door?

Our sight (we see the door close)

Our hearing (we hear it close)

Our sense of touch (we feel it close)



So, when we go to lock the door, we see, hear, and feel the door is shut. Our eyes, ears and hands are sure the task got done. But in a split second, even before your brain can notice that you are sure...

OCD makes us doubt our senses!

"But MAYBE the door didn't close all the way. Are you SURE you heard it close? Are you SURE you see that it is closed? Are you POSITIVE that you felt the door close all the way?"

# OCD is SPEEDY!!!!

It likes to jump in right before you realize you are certain.

And this is why pausing on the bridge is so important.



Land of Here and Now


Land of Imagination

# When you pause...

You give yourself time to check in with your senses and your common sense.

**OCD CAUSES  
YOU TO DOUBT**





What if the doubt doesn't have anything to do with your 5 senses? Maybe you can't see, hear, touch, taste, or smell with some doubts.

Then we focus on your  
**COMMON SENSE**  
and the feelings in your body.

Let's look at an example:





Let's say you are in a room by yourself and you have the doubt: Maybe I could hurt one of the people I love.

You may not be able to pause and check in with your 5 senses to help destroy this doubt.

But you CAN check in with your common sense and your feelings.

You could ask:

"Does it make sense to doubt this when I'm not angry right now?"

"Does it make sense to have this doubt when I'm calmly doing something in my room?"





When we focus on our REAL senses, our REAL  
common sense, and our REAL selves, we are  
doing  
***REALITY SENSING***

instead of obsessively doubting. 🐾 🐾 🐾

# Which means...

We can stay in the  
Land of Here and Now -  
and do you remember  
who doesn't live there?

That's right!!!! It's...


**OCD**



The background is a light beige color with several grey paw prints scattered in the corners. The text is centered and reads: 

**Reality Sensing  
helps us destroy  
OCD doubt.**

**And that means...**



If we keep practicing Reality Sensing -  
we can trust that we are certain about  
something OCD used to make us doubt.

It will take practice.

And sometimes, doing the practicing may  
make you feel afraid or yucky inside.



And that yucky feeling  
may make you feel like  
something is missing  
because you aren't giving  
into the compulsion or  
avoidance that your OCD is  
used to you using to calm  
your worries down.

But don't give up!

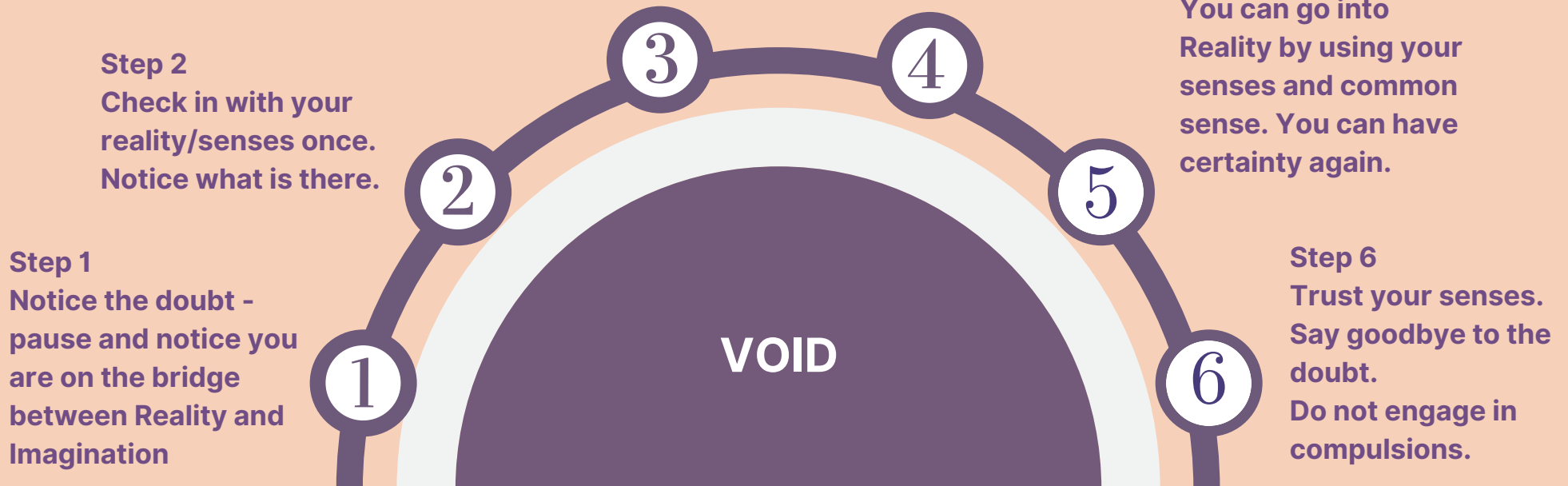


**Keep  
practicing!**

Here is how...

# Steps for Reality Sensing

You can do it!





# Steps for Reality Sensing - Simplified

You can do it!

**Step 3**  
IF IT ISN'T COMING  
FROM YOUR SENSES,  
YOU ARE IN THE OCD  
BUBBLE!

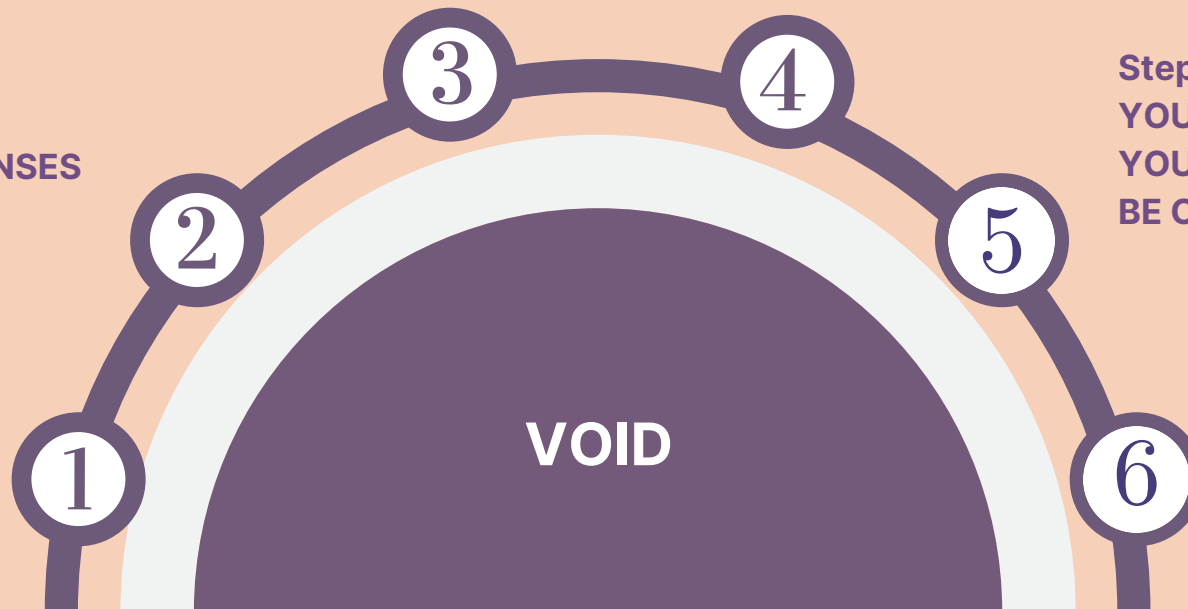
**Step 4**  
THE VOID MIGHT  
MAKE YOU FEEL  
YUCKY - IT WILL GET  
EASIER

**Step 5**  
YOU CAN CHOOSE  
YOUR SENSES AND  
BE CERTAIN

**Step 6**  
TRUST YOUR SENSES  
- DISMISS THE  
DOUBT - GO BACK TO  
REALITY

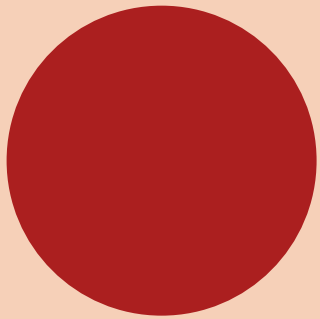
**Step 2**  
CHECK YOUR SENSES

**Step 1**  
PAUSE



# A FEW EXTRA TIPS

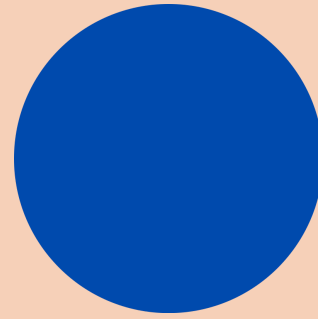
How to stop the OCD Bubble with Reality Sensing



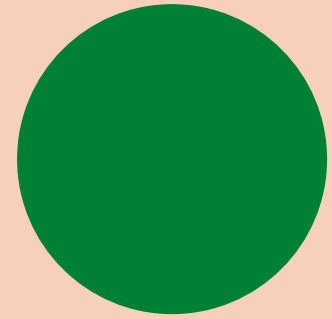
**USE YOUR SENSES LIKE YOU NORMALLY WOULD**



**YOU DON'T NEED TO STARE TO BE CERTAIN. JUST LOOK AS YOU WOULD NORMALLY**



**YOU DON'T NEED TO LOOK FAST EITHER. JUST LOOK AT THE SITUATION LIKE YOU WOULD IF YOU WERE LOOKING AT SOMETHING THAT DOESN'T CAUSE YOU TO DOUBT**



**DON'T USE YOUR IMAGINATION TO FILL IN THE BLANKS - WHAT YOU SEE IS WHAT YOU GET**



**AND ONE MORE BIG TIP: AS SOON AS YOUR SENSES AND YOUR COMMON SENSE TELL YOU THAT YOU CAN BE CERTAIN - MOVE ON. GET AWAY FROM THE TASK. GO ABOUT LIFE.**

**Time for some examples:**



You wash  
your hands.

How can you trust  
your senses here?

Do you wait for a "just right" feeling?

Do you do it over and over again?

Do you ask someone else if they think you have  
washed long enough?



NO!

You let your senses  
tell you that  
you are clean!

Don't see any dirt?



Can't feel the sticky glue on your hands  
anymore?



Only washing for 20 seconds?





You close the door.

How do you trust your senses here?

Do you jiggle the door handle a bunch of times?

Do you push on the door to make sure it is locked?

Do you stare at the door to see if it closed?



NOPE!

You feel the door close.

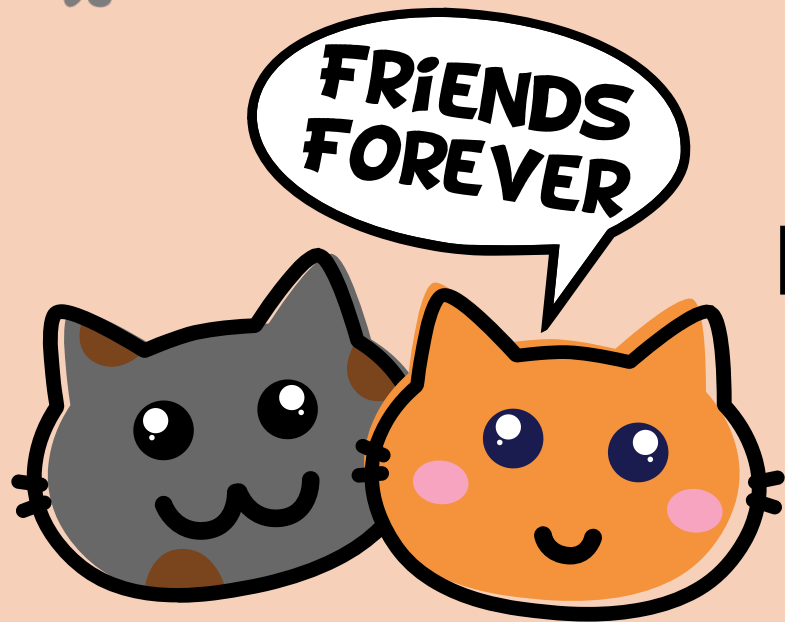
You hear the lock turn.

You see the door is shut.

You don't fall for the feelings from the void.

They are trying to trick you!


Instead, you remember what your senses say  
and you walk away.

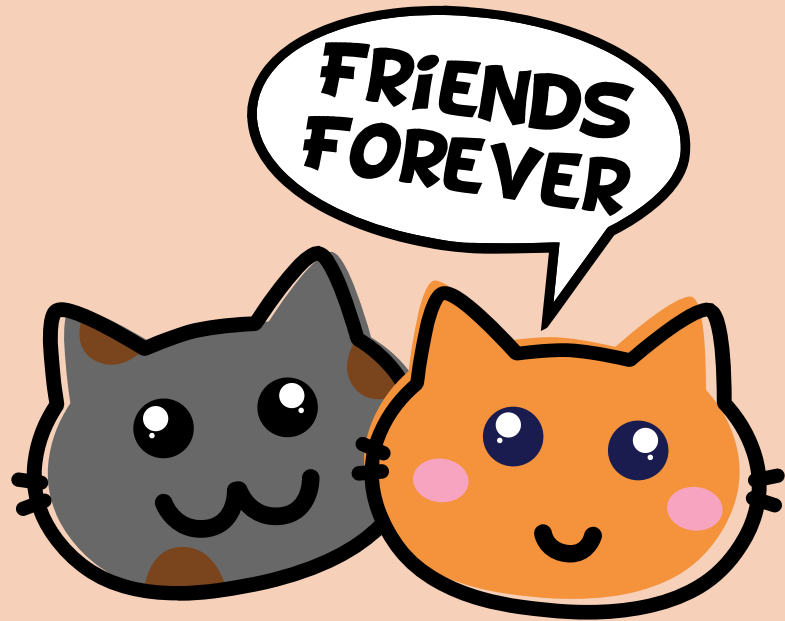


If you are hanging out with a friend having fun, do you believe a doubt that says you might hurt them?

What do your senses say?

HINT: This is one where you may have to look inside to your internal feelings/common sense.

In the bottom-left and bottom-right corners of the page, there are several grey paw prints.



You can sense  
that you are not  
angry.

You can sense that you do not want to  
hurt them.

You trust in those senses and you get back to  
playing with your friend.



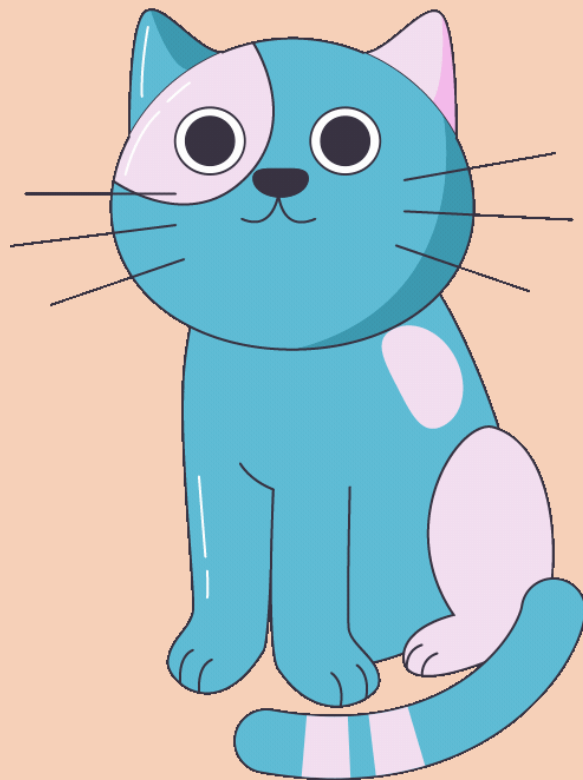
**But what if you get  
anxious and forget all of  
this because the OCD  
gets so very loud?**





Try to focus on these  
two things:

# PAUSE





And ask...

What sense COULD I be  
trusting right now?





Pausing will help you slow down so you can get back to the Land of Here and Now.

YOU CAN  
DO IT!

And the more you practice, the easier it will get!

The Land of Here and Now has another thing to help you as well.

But that's for the next lesson.



Link to Modules 9-12

## Module Ten

**UNDER CONSTRUCTION**

**Tricks of  
OCD**

**Untitled design**

Check out this presentation designed by Bronwyn Shroyer.

 Canva