



# I-CBT Module 2 The Logic Behind OCD

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

# Special to Me

This module was my A-HA moment.

- I felt deeply understood
- It drew me into I-CBT
- There was something at a very gut level that captured my attention





**Why did I feel so  
understood?**



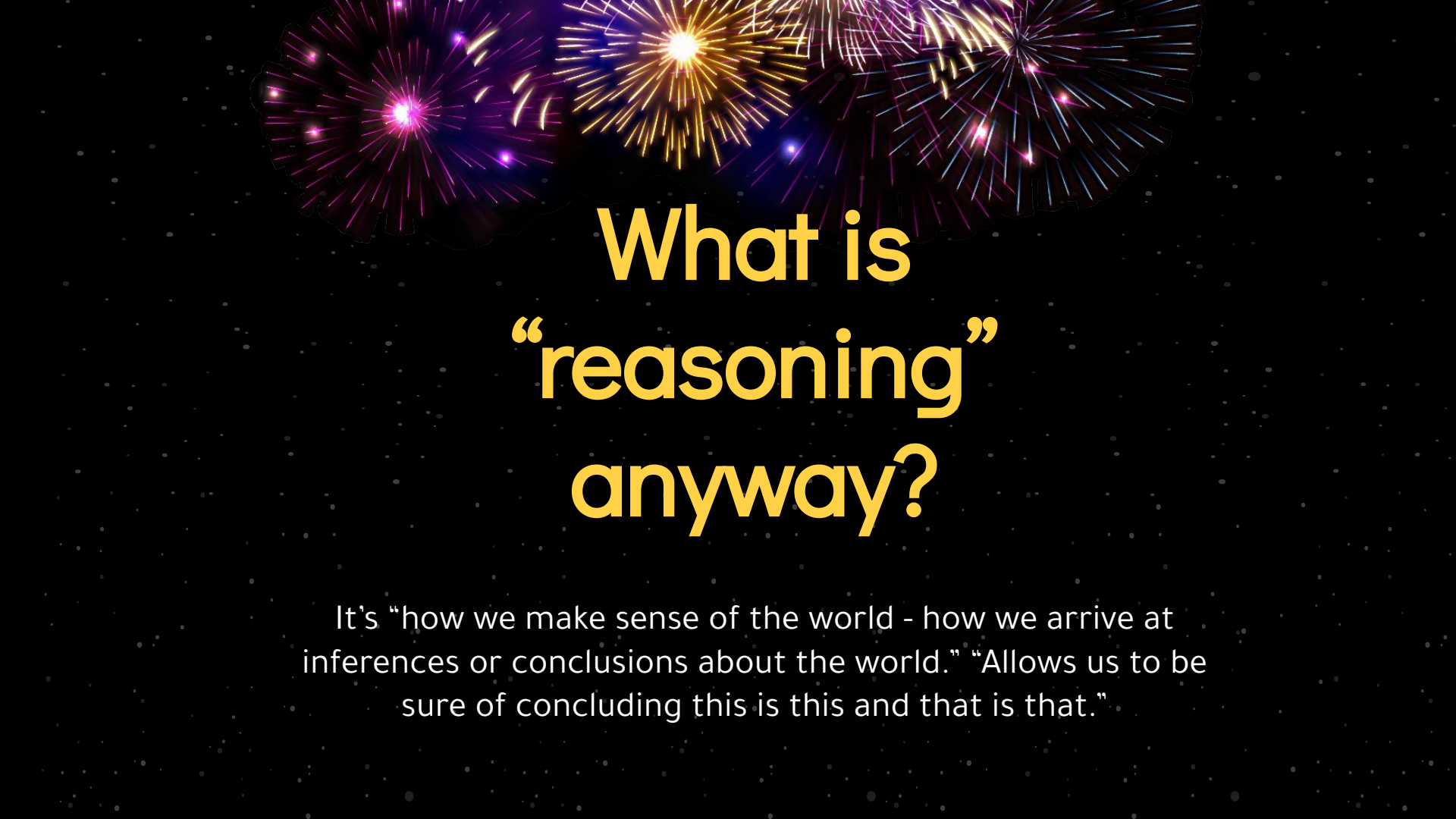
# Teaching Points

1. There is reasoning behind the obsessional doubt.
2. This reasoning seems logical and credible to the client.
3. The problem isn't the content of the reasoning process. It is the context of it that makes the logic irrelevant.



**What is  
“reasoning”  
anyway?**





# What is “reasoning” anyway?

It’s “how we make sense of the world - how we arrive at inferences or conclusions about the world.” “Allows us to be sure of concluding this is this and that is that.”



# Reasoning Categories

Logic behind OCD often comes in the following forms:

**FACTS:** Germs exist. People get hurt. Robberies happen.

**RULES:** Police say to lock the door at night. We are supposed to wash our hands before we eat.

**PERSONAL EXPERIENCE** I was in a car accident. I've gotten food poisoning.


**HEARSAY** Stories of people being killed, accidentally hurting someone

**POSSIBILITY** It's possible - this is OCD's life blood!



**But my  
reasons are  
special!**





**But content doesn't  
matter, right?**

# Bronwyn's Reasoning



**Germs Exist**

# **Bronwyn's Reasoning**



**Germs Exist**

# **Bronwyn's Reasoning**

**People die**

**Germs Exist**

**Robberies Happen**

# **Bronwyn's Reasoning**

**People die**



I was hospitalized with illness

Germs Exist

Robberies Happen

# Bronwyn's Reasoning

People die

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Robberies Happen

# Bronwyn's Reasoning

People die

God is Watching

I was hospitalized with illness

Germs Exist

Robberies Happen

# Bronwyn's Reasoning



I was in several car accidents

People die

God is Watching



I was hospitalized with illness

Germs Exist

Robberies Happen

# Bronwyn's Reasoning



I was in several car accidents

People die

God is Watching

Locks can fail

I was hospitalized with illness

I witnessed someone die from an accident

Germs Exist

Robberies Happen

# Bronwyn's Reasoning



I was in several car accidents

People die

God is Watching

Locks can fail





I was hospitalized with illness

I witnessed someone die from an accident

I have gotten others sick

Germs Exist

Robberies Happen

# Bronwyn's Reasoning



I was in several car accidents

People die

God is Watching

Locks can fail

I was hospitalized with illness

I witnessed someone die from an accident

I have gotten others sick

Germs Exist

Robberies Happen

# Bronwyn's Reasoning

We are supposed to be responsible

People die

God is Watching

I was in several car accidents

Locks can fail

# Bronwyn's Reasoning

I was hospitalized with illness

I witnessed someone die from an accident

I have gotten others sick

Germs Exist

Robberies Happen

We are supposed to be responsible

People have accidentally hit someone

People die

With their cars

God is Watching

I was in several car accidents

Locks can fail

# Bronwyn's Reasoning

I was hospitalized with illness

I witnessed someone die from an accident

I have gotten other people sick

Germs Exist

Robberies Happen

House fires



Oven's have caused others sick

We are supposed to be responsible

People have accidentally hit someone with their cars

People die

God is Watching

I was in several car accidents

Locks can fail

I was hospitalized with illness

I witnessed someone die from an accident

I have gotten others sick

Germs Exist

Robberies Happen

# Bronwyn's Reasoning



Oven's have caused others sick

We are supposed to be responsible

People die

People have accidentally hit someone  
With their cars  
God is Watching

I was in several car accidents

Young people can have heart attacks

Locks can fail



I was hospitalized with illness

Random acts of violence

I witnessed someone die from an accident

I have gotten other house fires

Germs Exist

Robberies Happen

# Bronwyn's Reasoning



Oven's have caused others sick

We are supposed to be responsible

People die

People have accidentally hit someone  
With their cars  
God is Watching

I was in several car accidents

Young people can have heart attacks

Locks can fail



**We ARE Our Stories**



# Why Does Establishing This Matter?

1

Rapport

Clients feel seen





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Avoid Arguments

No arguing the content





# Why Does Establishing This Matter?

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Rapport

Clients feel seen

2


Avoid Arguments

No arguing the content

3

Problem is Elsewhere

If the content isn't the problem, then the reason OCD exists lies elsewhere.







# Why Does Establishing This Matter?

1

Rapport

Clients feel seen

2

Avoid Arguments

No arguing the content

3


Problem is Elsewhere

If the content isn't the problem, then the reason OCD exists lies elsewhere.

4

Relevance

The issue with OCD resides here - logic being applied out of context.



If we go back to my OCD for a moment...



# If we go back to my OCD for a moment...



## I felt stupid

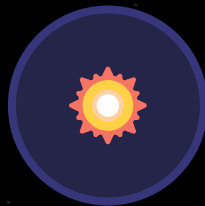
Germs existed. People get sick  
and die. People break into houses.

# If we go back to my OCD for a moment...



I felt stupid

Germs exist. People get sick and die. People break into houses.



I felt angry

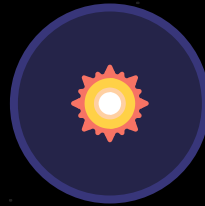
Why was no one listening to me? I felt dismissed. Like what I thought didn't matter - not in a content way - in a HUMAN way.

# If we go back to my OCD for a moment...



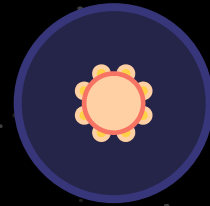
I felt stupid

Germs exist. People get sick and die. People break into houses.



I felt angry

Why was no one listening to me? I felt dismissed. Like what I thought didn't matter - not in a content way - in a HUMAN way.



I didn't know who to trust

My logic was telling me one thing. I could trust it most of the time, so why not in these instances? I needed to be taught it wasn't my logic. It was how I was applying it.



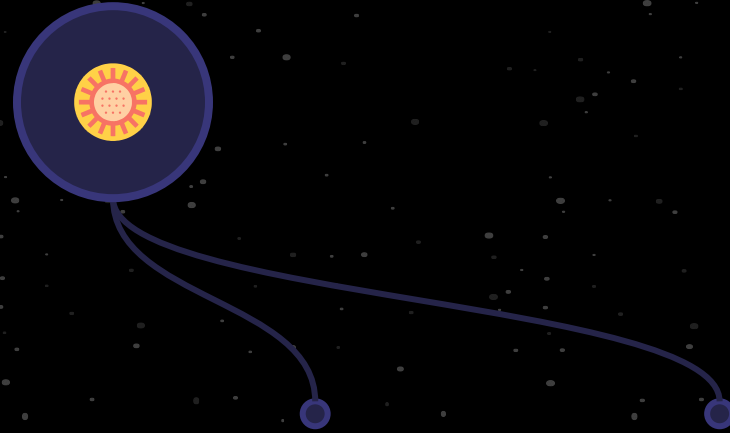
**Some clients  
DO feel their  
thoughts come  
out of nowhere**



**Have them argue  
OCD's side**



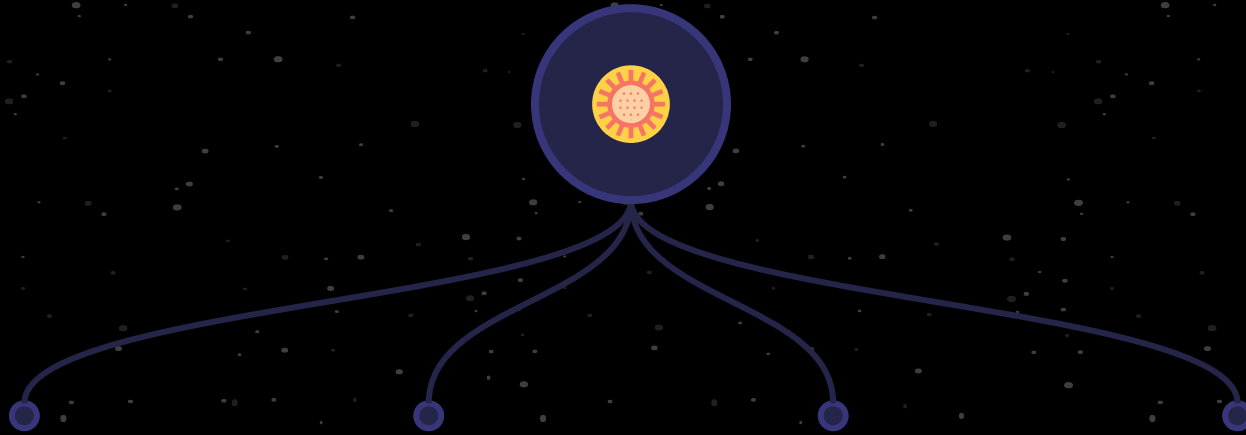
# Issues That Can Come Up



## Automatization

Well-rehearsed rituals

# Issues That Can Come Up



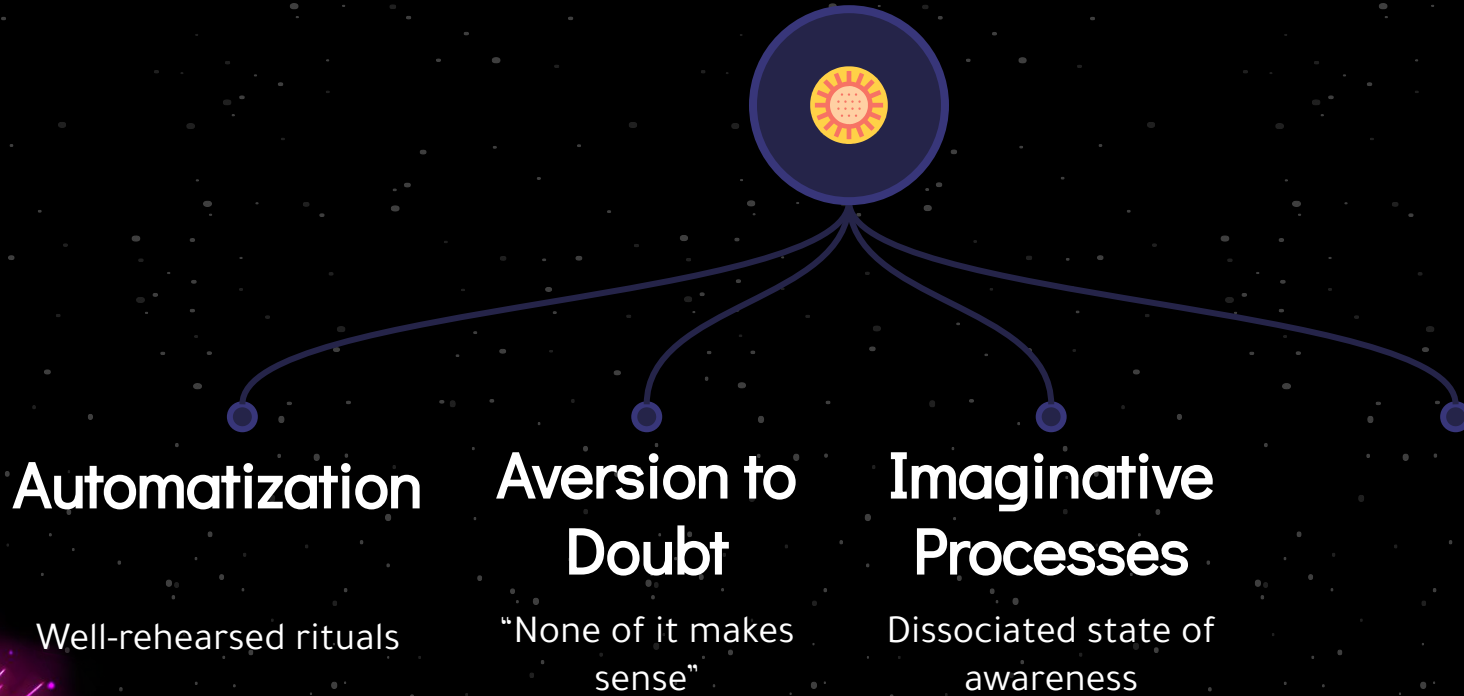
**Automatization**

Well-rehearsed rituals

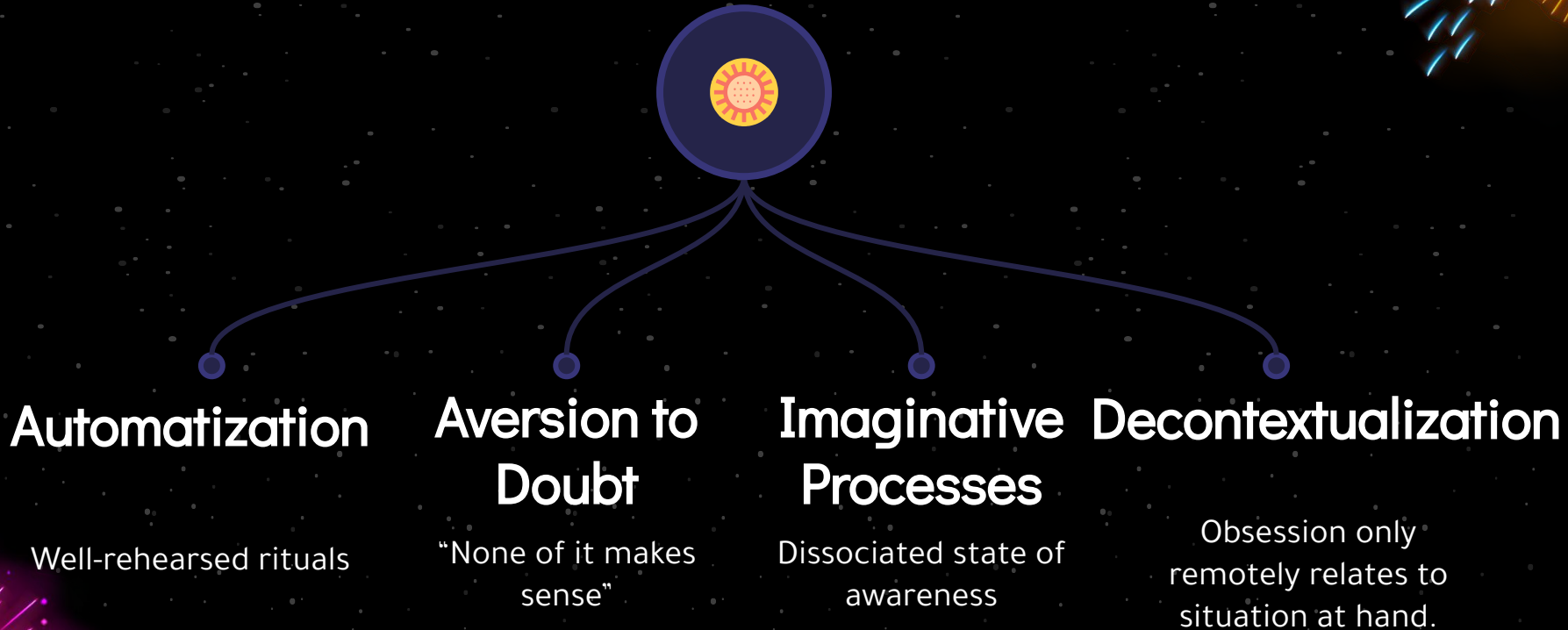
**Aversion to  
Doubt**

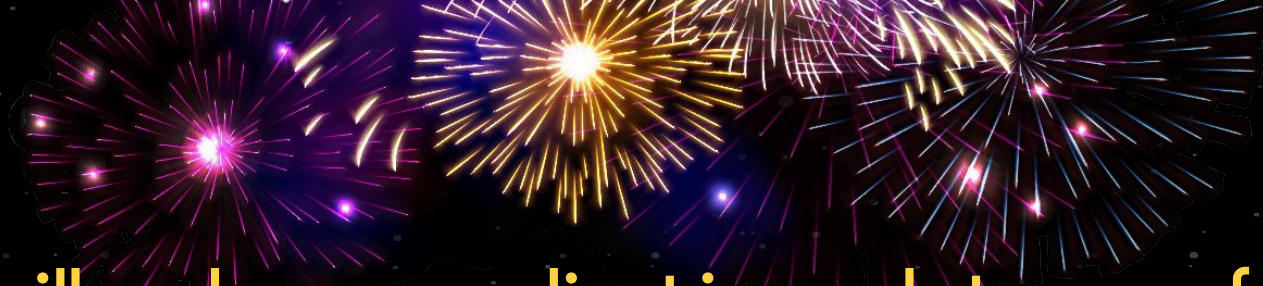
“None of it makes  
sense”

# Issues That Can Come Up



# Issues That Can Come Up





## How will we know our client is ready to move forward?

1. Person understands that there is reasoning behind the OCD.
2. The reasoning justifies the doubt somehow.
3. The doubt does not come from nowhere, but is a reasoned conclusion.
4. Client accepts and understands reasoning as a basis for the doubt.



# Questions?

For more information on I-CBT training and consultation:  
<https://ocdlivedexperiencecollective.org/icbtconsultation>