

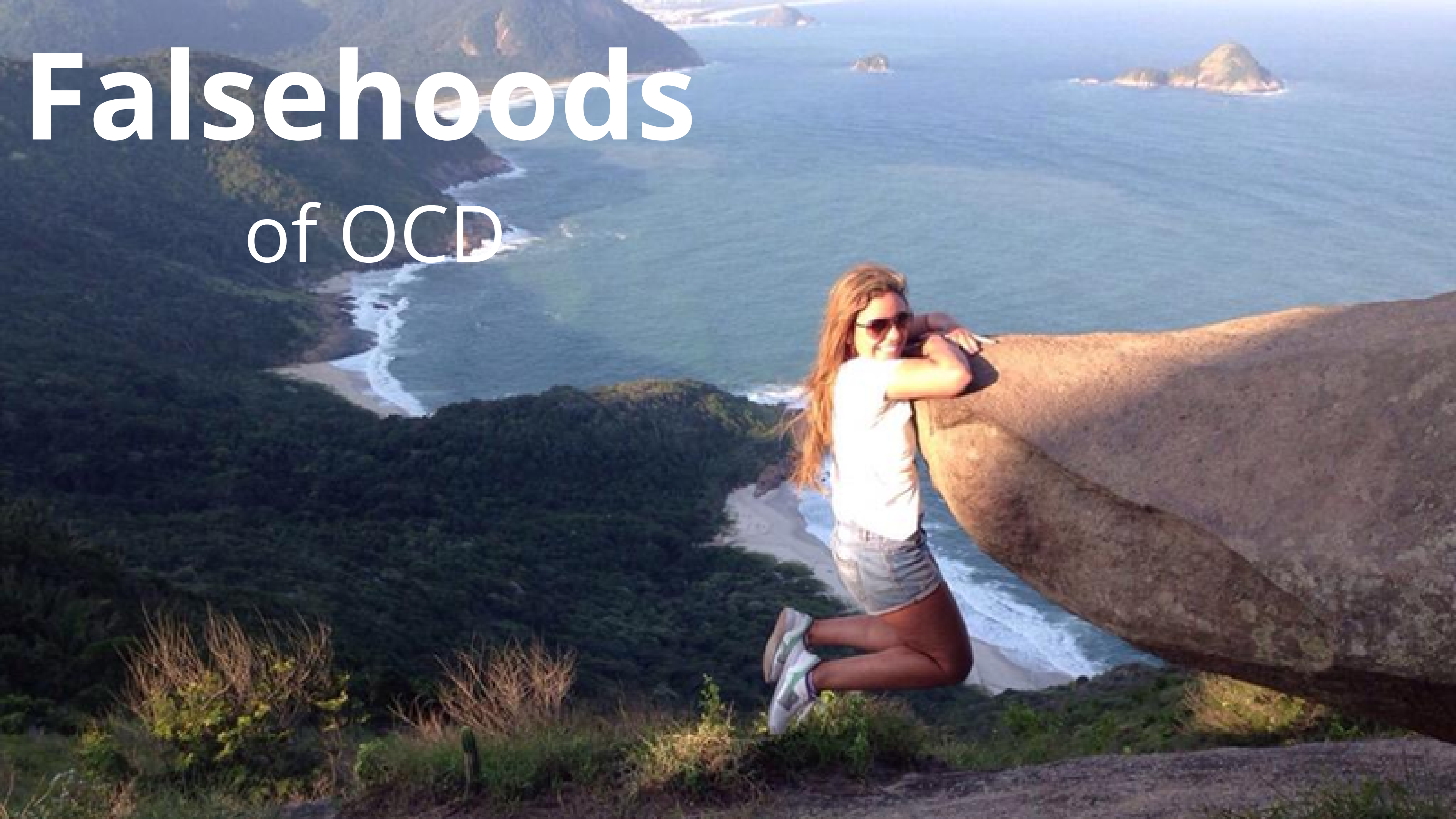
A photograph of a sunlit forest path. The path is a narrow, dirt trail that winds through a dense forest of tall, thin trees. Sunlight filters through the canopy, creating a dappled light effect on the path and the surrounding foliage. The trees are mostly deciduous with green leaves. The overall atmosphere is peaceful and natural.

# REALITY SENSING

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



# Falsehoods of OCD





# OCD Is Imaginary



**OCD is  
100%**

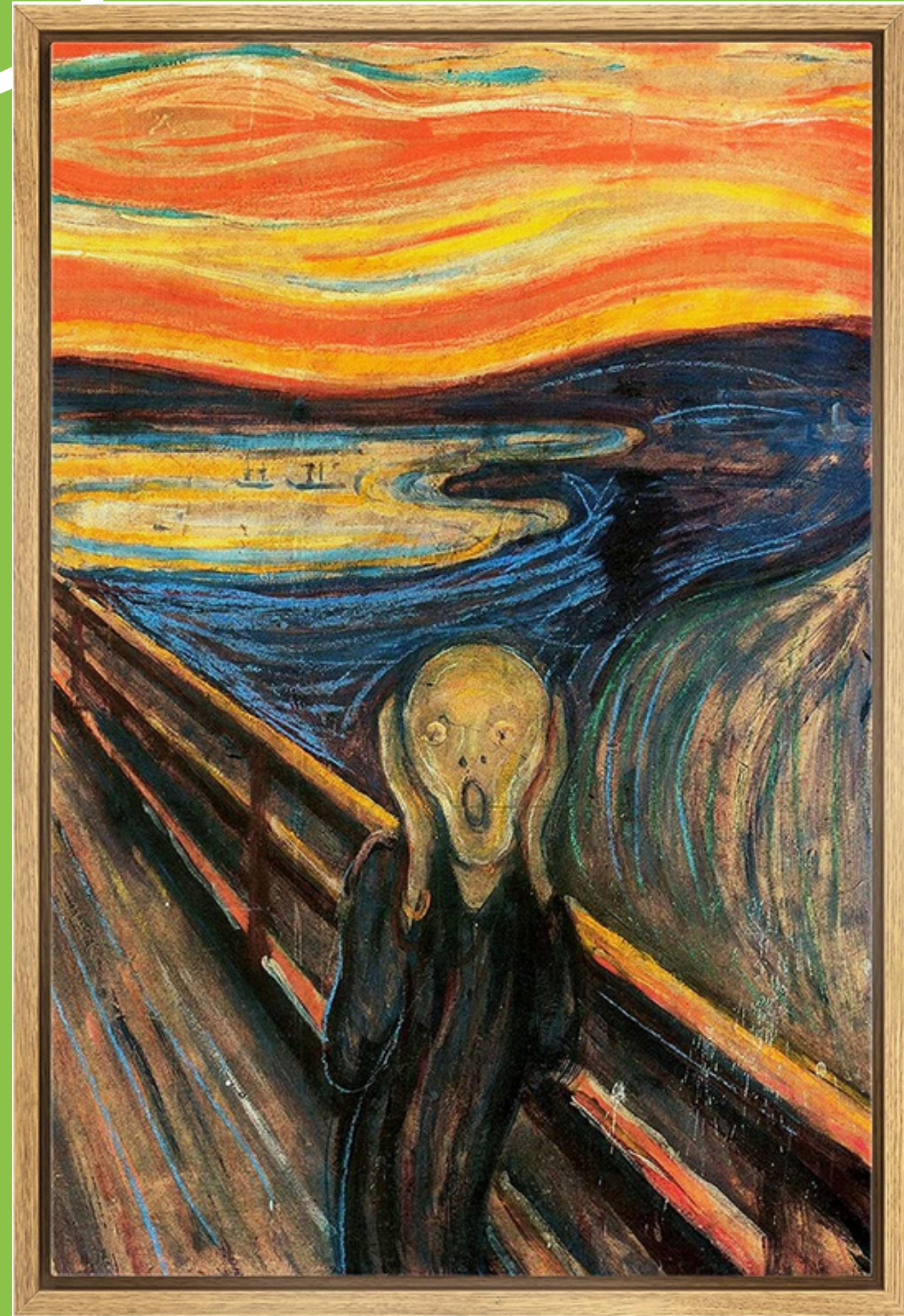


# Cross over point





**Obsessions**  
**go**  
**AGAINST**  
**REALITY**





# Falsehoods of Obsessions

01

Imaginary: No direct information from the here and now

02

Irrelevant: No evidence in reality for the doubt

03

Cross Over: Imagination goes beyond reality



04

AGAINST REALITY

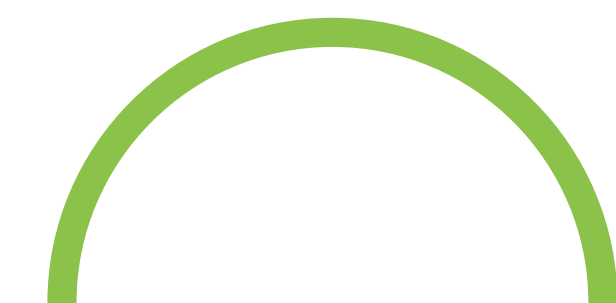
A photograph of a dirt path winding through a lush green forest. Sunlight filters through the trees, creating dappled light on the path and foliage. The path leads into the distance, surrounded by tall trees and dense undergrowth.

**REALITY  
SENSING  
BRINGS US  
BACK TO THE  
HERE AND  
NOW**





**UNCERTAINTY  
AHEAD**





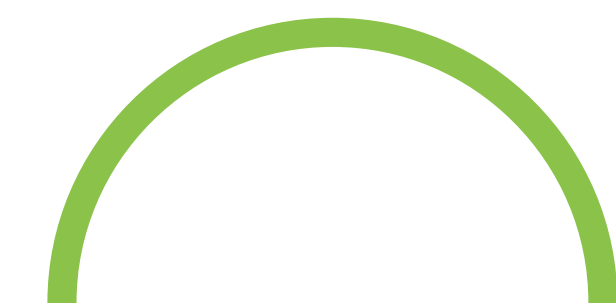
**Certainty  
exists PRIOR  
to the doubt...**

**Certainty can  
be regained.**

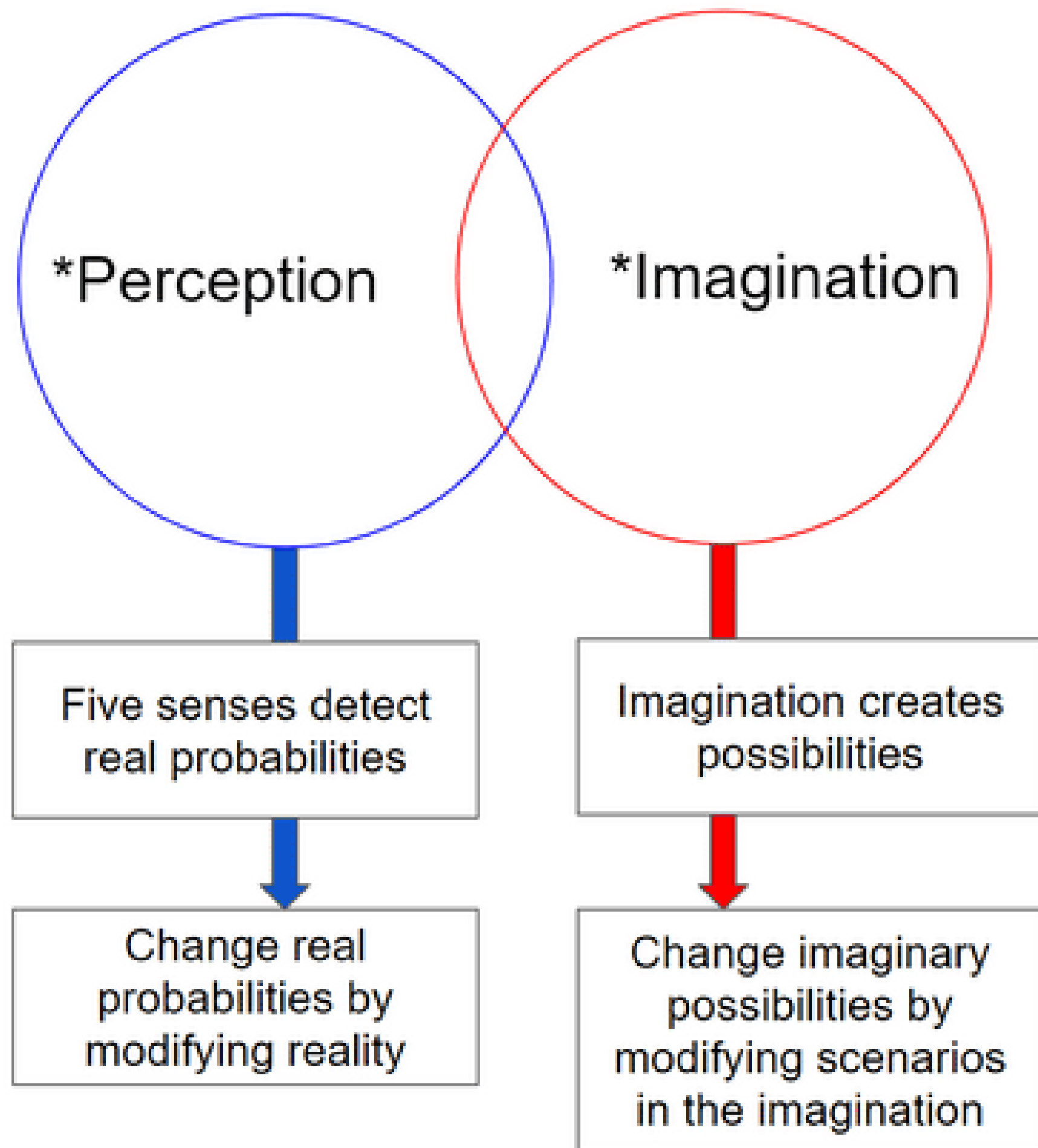




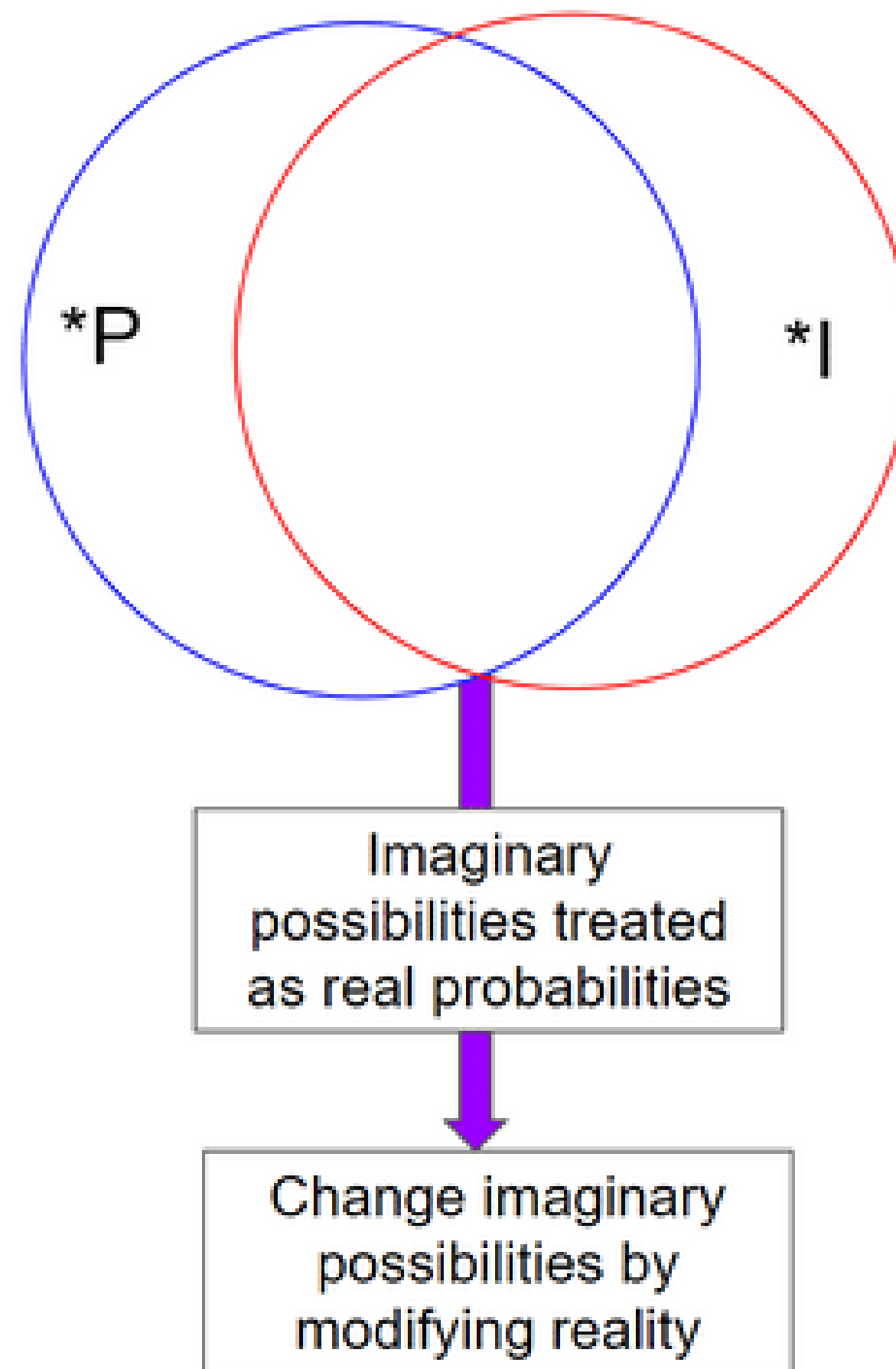
***WHAT?!?!?!?***



## A. Normal



## B. Obsessional



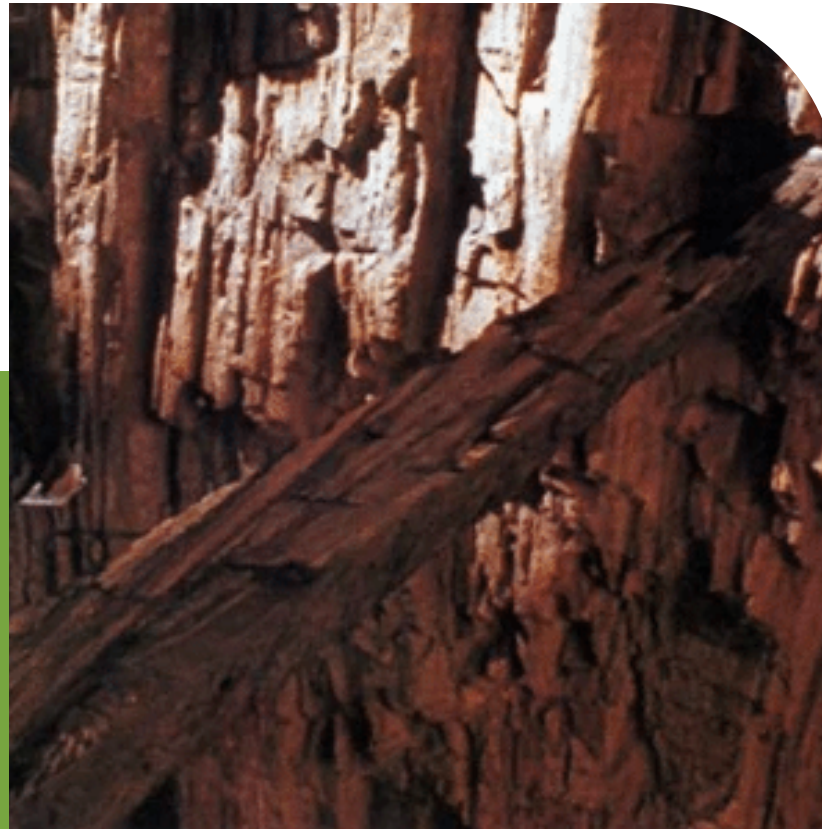


# Pitfalls



## "Trust what the senses do not say"

OCD tricks the client into believing that their senses are not doing their job - they are asleep on duty.



## "Doubt distrust v Reality Sensing"

OCD Cons the client into staying in the imagination where doubt is king



## "Reality gets in the way"

A reality check *should* quickly disconfirm the doubt, but OCD renders reality as irrelevant

# When Reality gets in the Way:

Create an alternative story

- The key difference between the two is that non-obsessional stories include direct links to reality. (More on that for Module 9)
- Not to prove the obsessional doubt wrong, but to doubt the doubt





# Key question for an Alternative Story:

What's Changed? The target or the story?



# Reality Sensing

## DOs:

- **Stay with information in the here and now**
- **Use your senses as you do in non-OCD situations**
- **Rely on the 5 senses and common sense**





# Reality Sensing

## DON'Ts:

- **Do not fill in the blanks with assumptions**
- **Do not OVERUSE your senses**
- **Do not put in too much effort**



# Exercise

Begin to use and trust your senses

01

When an obsession or thought occurs that takes you beyond the senses, hold still and imagine yourself between worlds

02

Focus your attention back to reality, and see what is there.

03

Realize for a moment that this is all the information you need and that trying to obtain more information from elsewhere means you have already crossed into the bubble

04

Look down from the bridge you see yourself standing on.

05

Take a moment to realize that this void is merely imaginary.

05

Act upon the information from your senses by dismissing the obsession and not engaging in any compulsive rituals

Reality

Imagination







**AT THE END OF THE  
DAY...**



“

**IT IS NIGHT**

Theresa C.