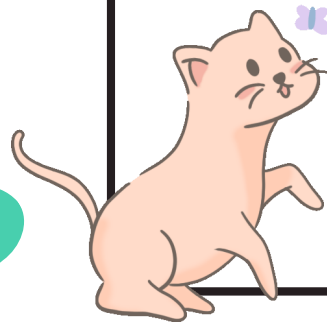




**FOR  
KIDS**



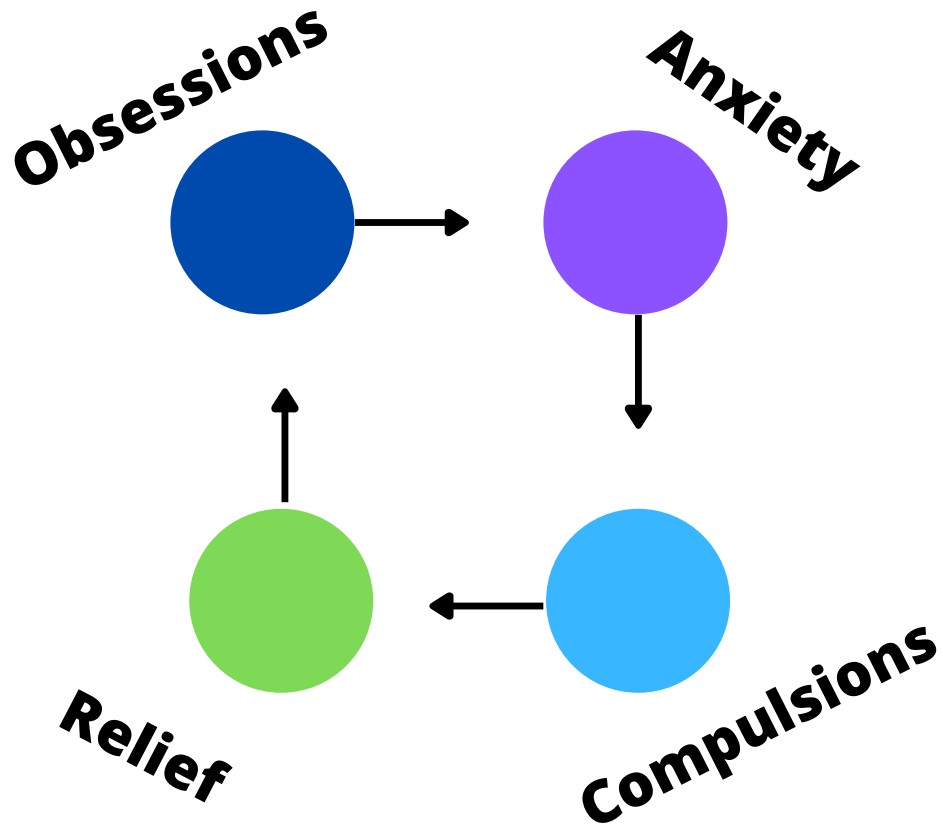
# My I-CBT Book



Name: \_\_\_\_\_

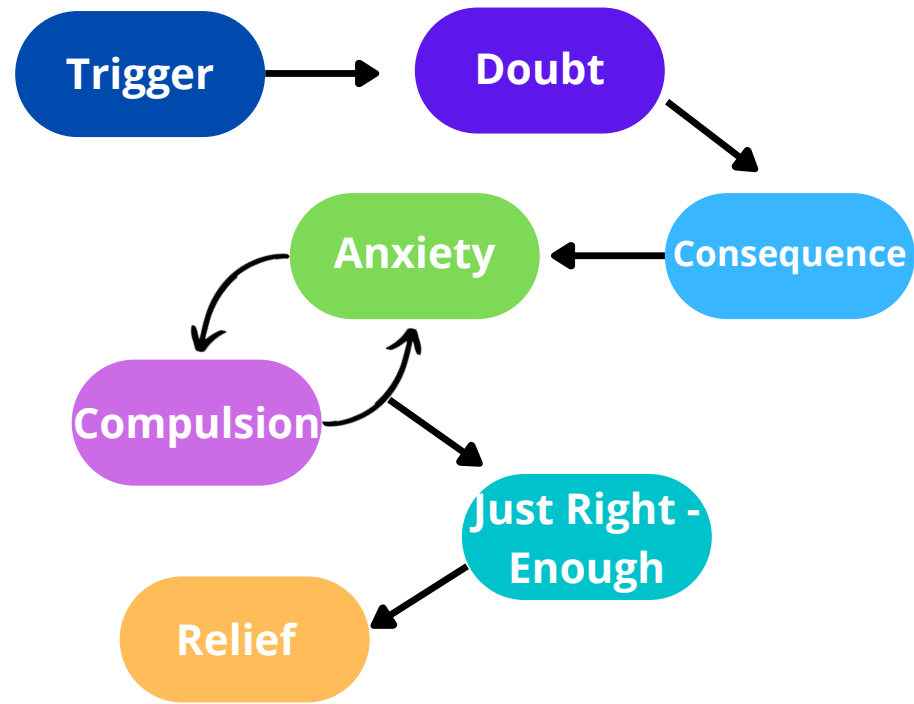
Adapted by Bronwyn Shroyer from: O'Connor, K., & Aardema, F. (2012). Clinician's handbook for obsessive compulsive disorder: Inference-based therapy. Chichester: Wiley-Blackwell.





Cycle That is Often Taught

What you may have been taught in the past about how OCD works



Suggested Change for Accuracy

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

How I-CBT thinks OCD works

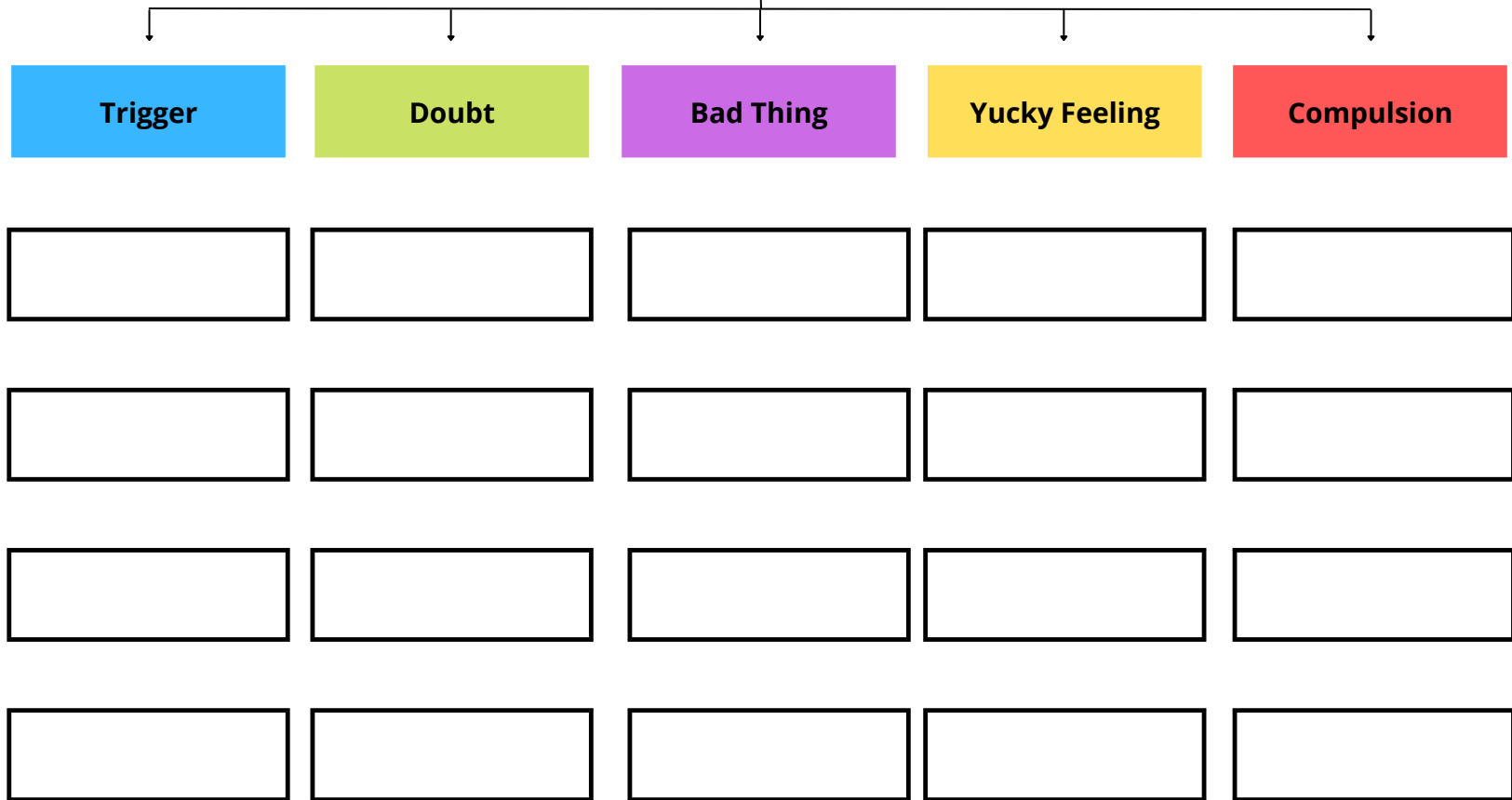
# I-CBT Teaching Points



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

# DOUBT SEQUENCE

## Ingredients of OCD



# DOUBT SEQUENCE

Ingredients of  
OCD

Trigger

Doubt

Bad Thing

Yucky Feeling

Compulsion

--

--

--

--

--

--

--

--

--

--

--

--

--

--

--

--

--

--

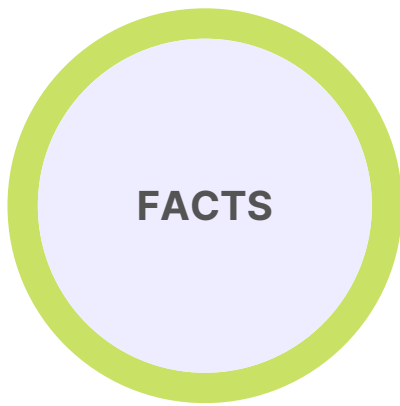
--

--



# Types of Reasons Behind Doubt

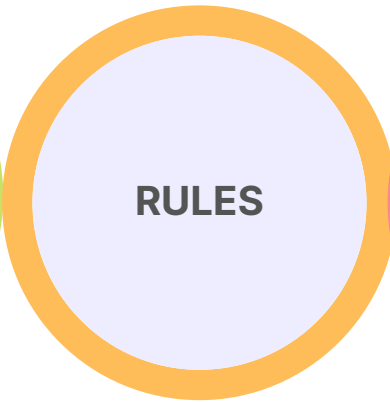
There are five main categories that make us have reasons behind our doubts.



**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**





# What is your obsessional story?

A decorative border of grey paw prints is scattered around the top and sides of the slide.

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.**

# My Obsessional Story #1

---

---

---

---

---

---

---

---

# My Obsessional Story #2

---

---

---

---

---

---

---

---

# My Obsessional Story #3

---

---

---

---

---

---

---

---

# 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.

THE  
VULNERABLE  
SELF

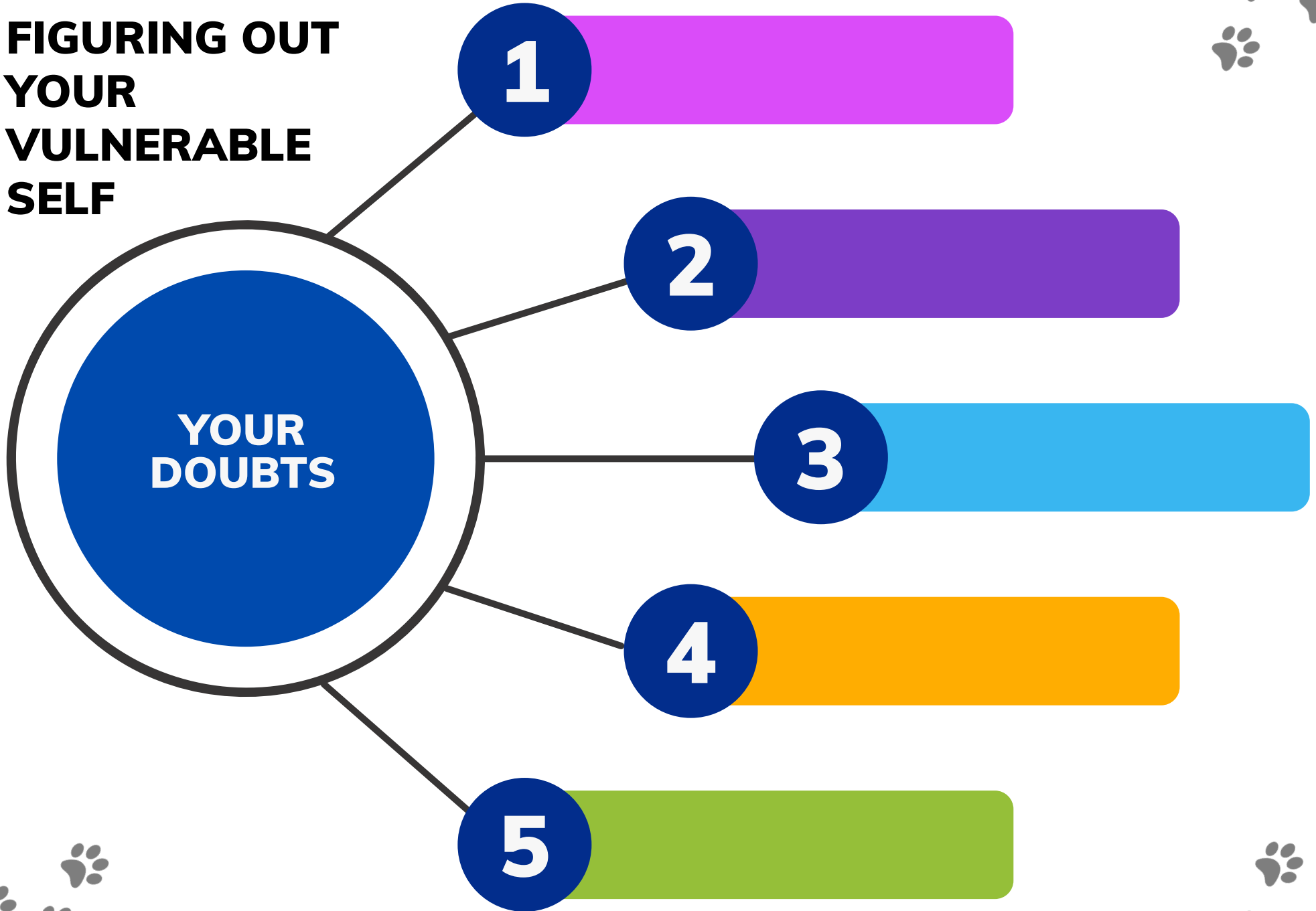
This is the person my OCD tells me I might become if I don't do my compulsions.

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.

# FIGURING OUT YOUR VULNERABLE SELF





What Do Your Doubts Have In Common?

---

---

What Kind of Person Would That Make You?

---

---

This Is Your Vulnerable Self Theme!



## The Land of Here and Now

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

SEE

HEAR

TASTE

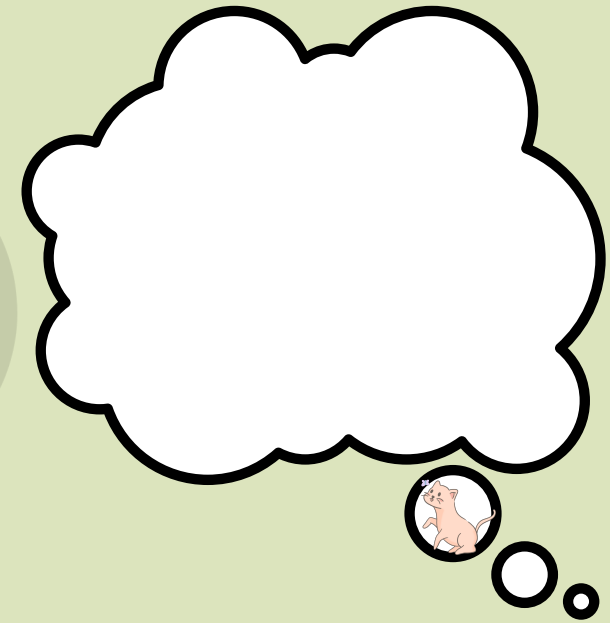
TOUCH

SMELL



## The Land of Imagination

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



# 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.

Look at your obsessional story.

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

---

---

---

---

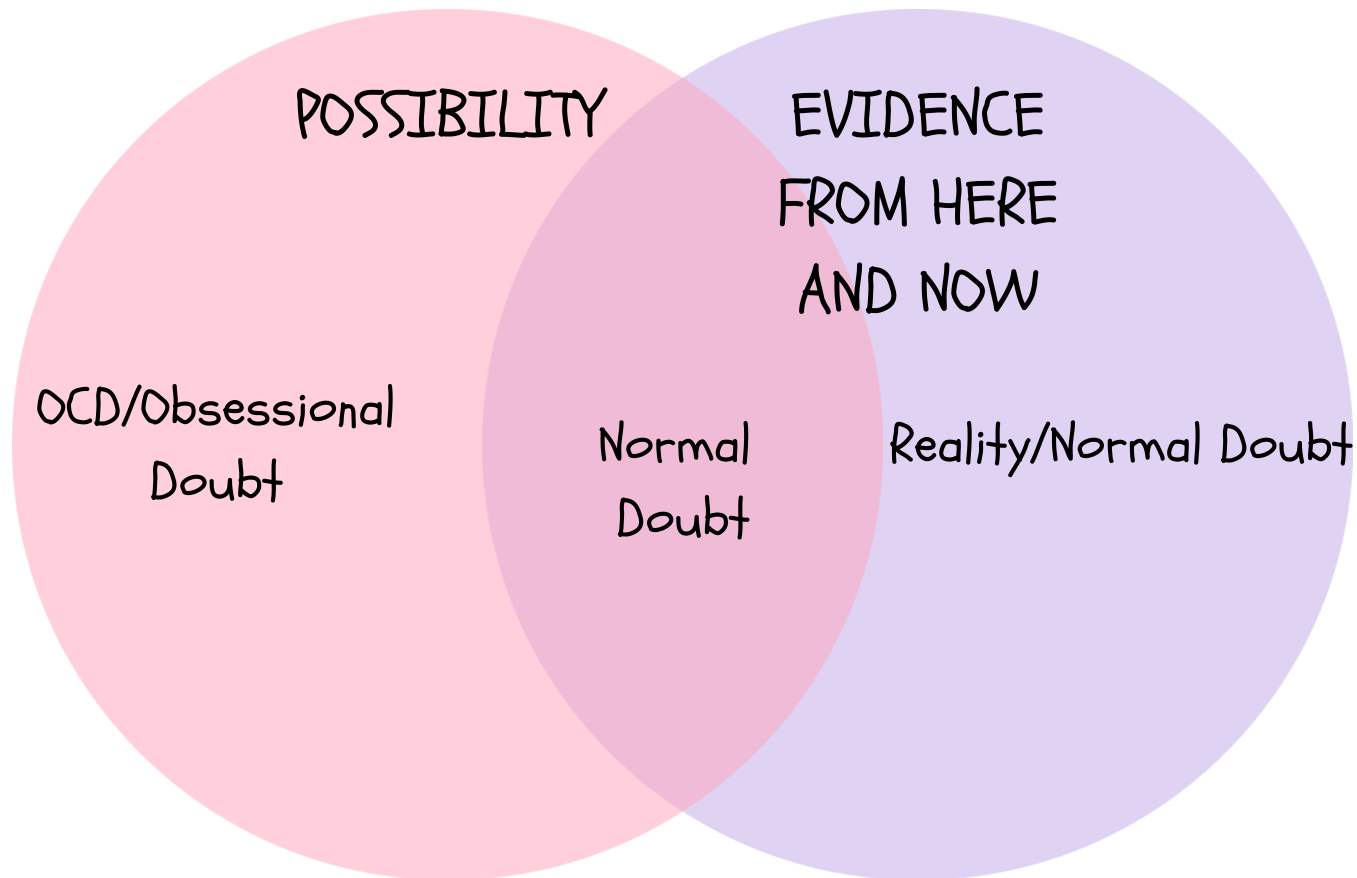
---

---

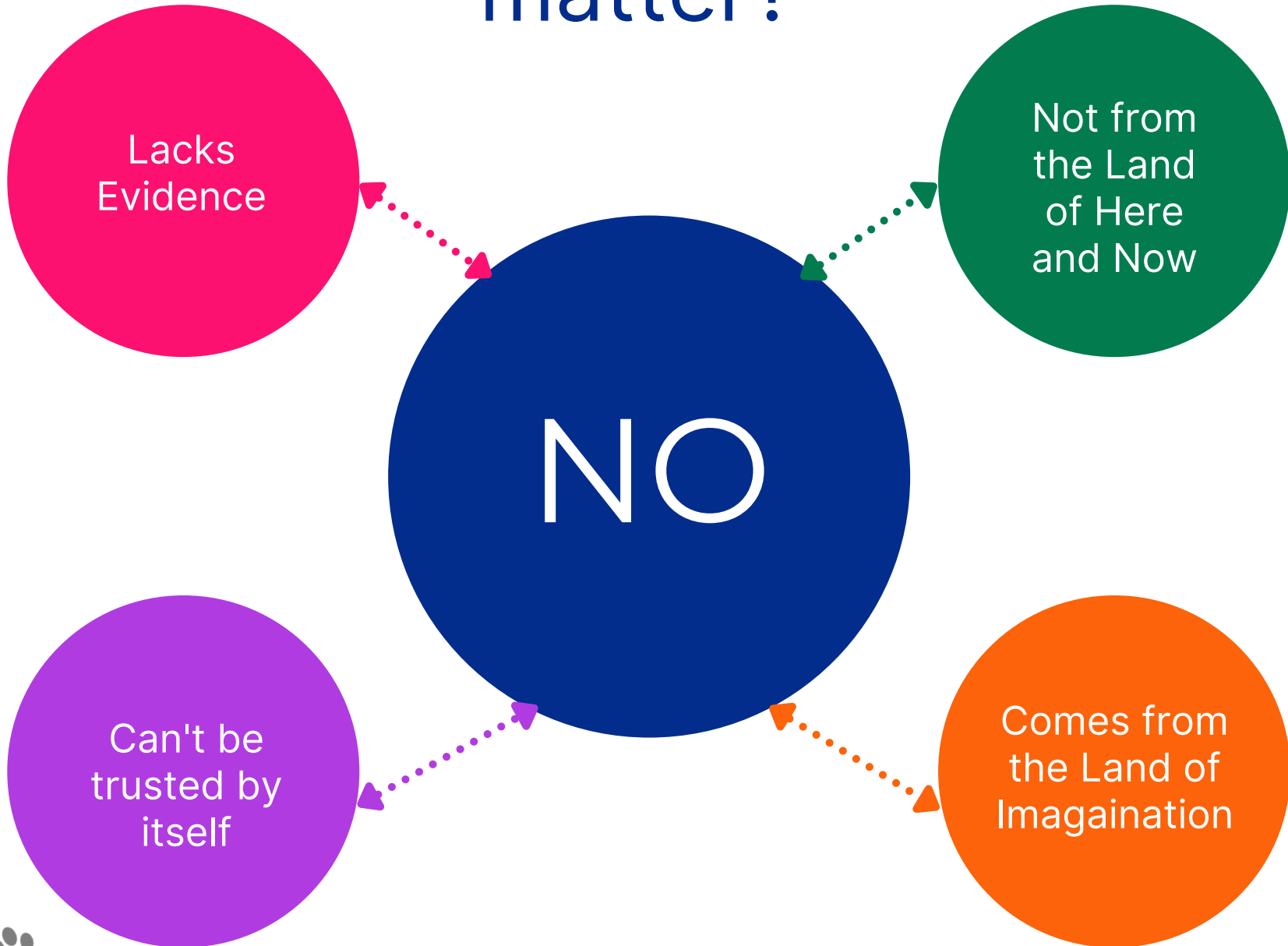
---

---

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



# So, does possibility matter?



# 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.

Reread the stories from the last slide. Find one that doesn't bother you. And now try to make it obsessional. Try to convince yourself to worry about it. What would you say?

---

---

---

---

---

---

---

---

**Do you see how possibility can make something seem real?**



**What is wrong with that story - why isn't it a normal doubt?**

---

---

---

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

---

---

---

Look at your obsessional story.

Can you find areas in your story where you are  
**MISSING** direct evidence to support the doubt?

---

---

---

---

---

---

---

---

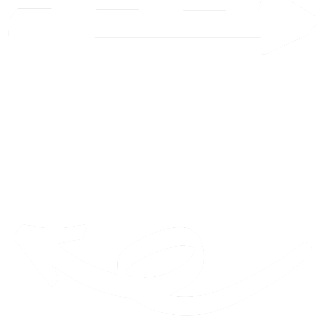
# OCD Goes Beyond Reality

**Reality**

**OCD**

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

**Easy to go this way**



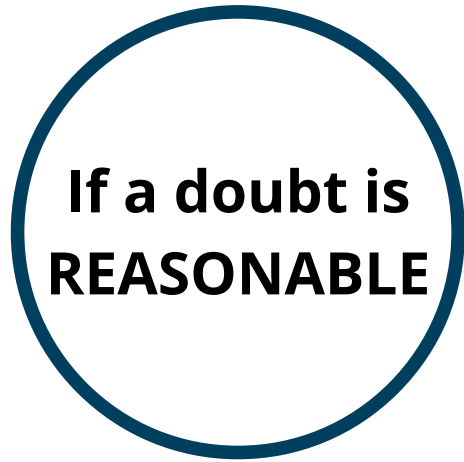
**Land of  
Imagination  
No Direct Evidence  
from your  
senses**

**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?



# 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



# Land of Here and Now



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

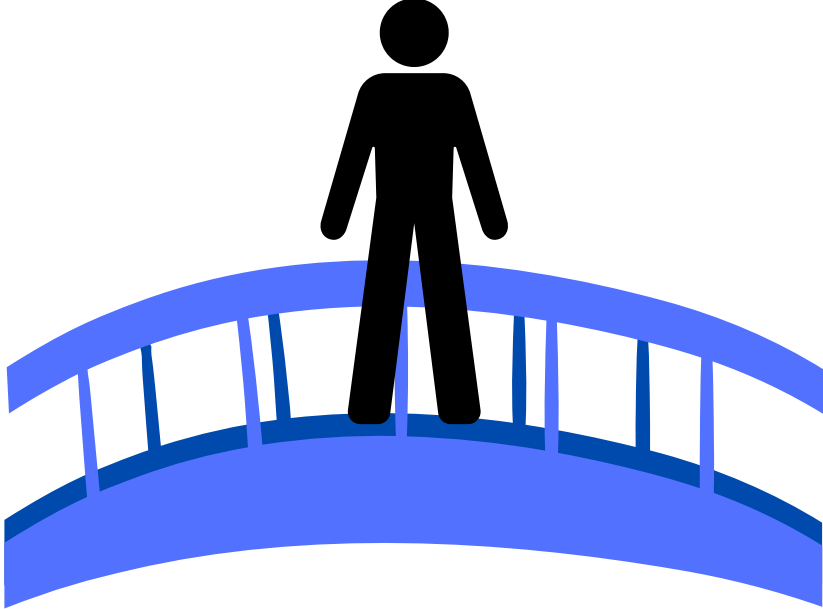
SEE

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).



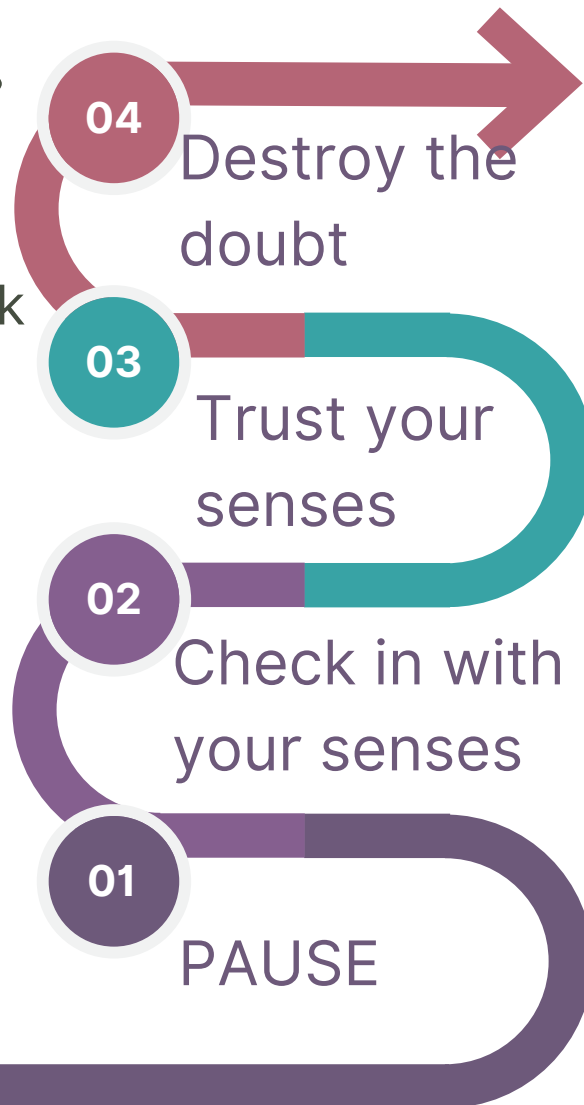
# What have we learned so far?



# When you pause...

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

**OCD CAUSES  
YOU TO DOUBT**





# 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!

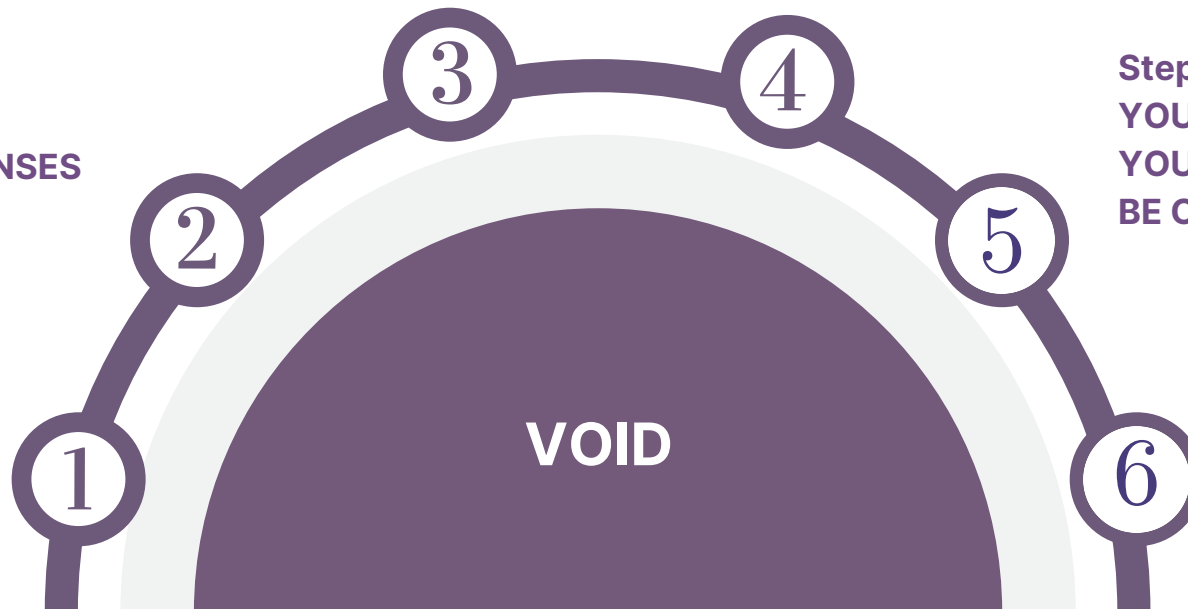
**Step 4**  
THE VOID MIGHT  
MAKE YOU FEEL  
YUCKY - IT WILL GET  
EASIER

**Step 2**  
CHECK YOUR SENSES

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

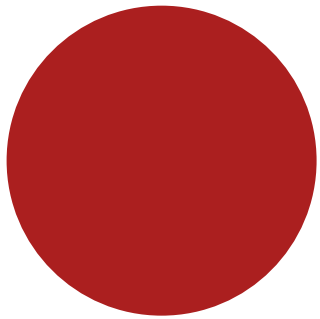
**Step 1**  
PAUSE

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

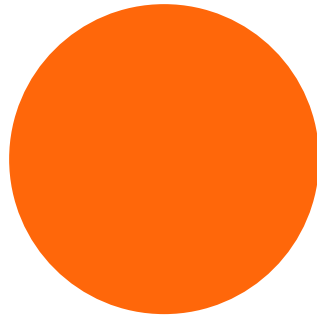


# A FEW EXTRA TIPS

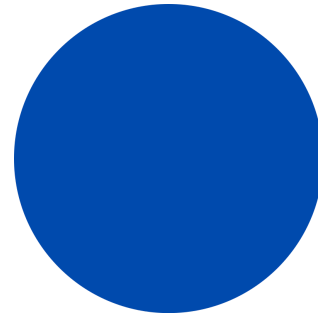
How to stop the OCD Bubble with Reality Sensing



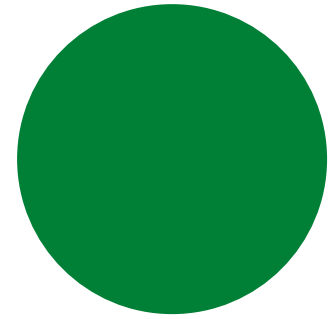
**USE YOUR SENSES LIKE YOU NORMALLY WOULD**



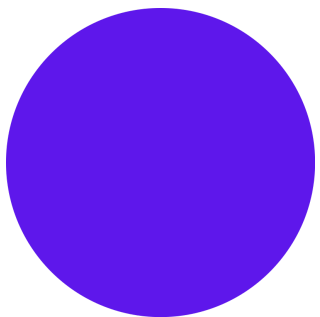
**YOU DON'T NEED TO STARE TO BE CERTAIN. JUST LOOK AS YOU WOULD NORMALLY**



**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**



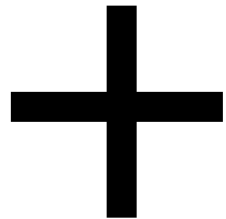
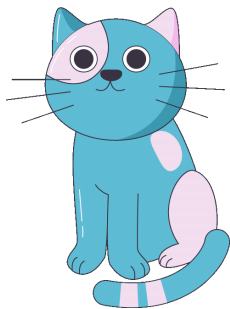
**DON'T USE YOUR IMAGINATION TO FILL IN THE BLANKS - WHAT YOU SEE IS WHAT YOU GET**



**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.**

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

PAUSE



Ask: What sense  
COULD I be trusting  
right now?

An alternative story is like taking the obsessional story and doing the opposite.

Instead of starting with something we doubt and linking it to a compulsion, we can look at the situation, link it to certainty that things are okay, and show we can trust our senses.

You can build an Alternative Story of each of your OCD doubts. It's best to add some details to it each day so that you get a very vivid and believable story.

An example Alternative Story (notice the details that make it more vivid):

My backpack looks zipped up.

I heard the zipper zip closed.

This backpack has never magically opened on its own before.

It tumbled down the stairs one time and didn't open up.

I don't need to check to see if my folder is still inside.

# My Alternative Story #1

---

---

---

---

---

---

---

---

# My Alternative Story #2

---

---

---

---

---

---

---

---

# My Alternative Story #3

---

---

---

---


---

---

---

---





# SOME THINGS TO REMEMBER ABOUT OCD:

Gets its info from our imaginations

Likes to apply info from other stories/situations

Doesn't use info from our senses

Wrongly believes it is keeping us safe

Is a trickster



# Tricks of OCD

**Mismatching**

**Let's Discuss It**

**Facts from Elsewhere**

**Living the Fear**

**Testing It Out**

**Double Tricking**

**Going Deep**

**Distrust the Senses**

**Reverse the Story**





Look through your obsessional story with an adult and use your detection skills to find out what tricks OCD is using.

---

---

---

# YOUR Real Self

What are things you do well?

---

What would have to change about yourself so that you could become your Vulnerable Self?

---

How likely is it that you could actually become your Vulnerable Self?

---

What would your family say you are good at doing?

---

What about your teacher?

---

What about your friends?

---

What about your pets?

---

What kind of a person do you want to be?

---

---

What goals do you have?

---

What rules or principles do you have in place to help you reach those goals?

---

---

Put it all together to make  
Your Real Self Story

---

---

---

---

---

---


---

---



What to do if you realize OCD tricks you:

Find the obsessional doubt that pulled you into the OCD bubble.



Notice what was going on with you at the time:  
Were you tired, stressed, excited?

Identify why you think OCD was able to trick you this time around.



How do you prevent OCD from tricking you in this situation again?



Be aware of the trigger



Practice dealing with the trigger and trusting your senses.

Imagine dealing with the trigger without OCD and moving past it in a non-OCD way.



Three questions to ask to help identify OCD doubt:

(1) Is it about my Vulnerable Self theme?

(2) Is it an obsessional doubt or a normal doubt?

(3) Do I experience that old OCD feeling?

If the answer to all three is **YES**  
then it's an OCD doubt that needs to be  
dismissed.



Be on the lookout for situations that may make  
your OCD act up again:

What do you think the triggers might be?

---

---

---

---

---

---

---

---