

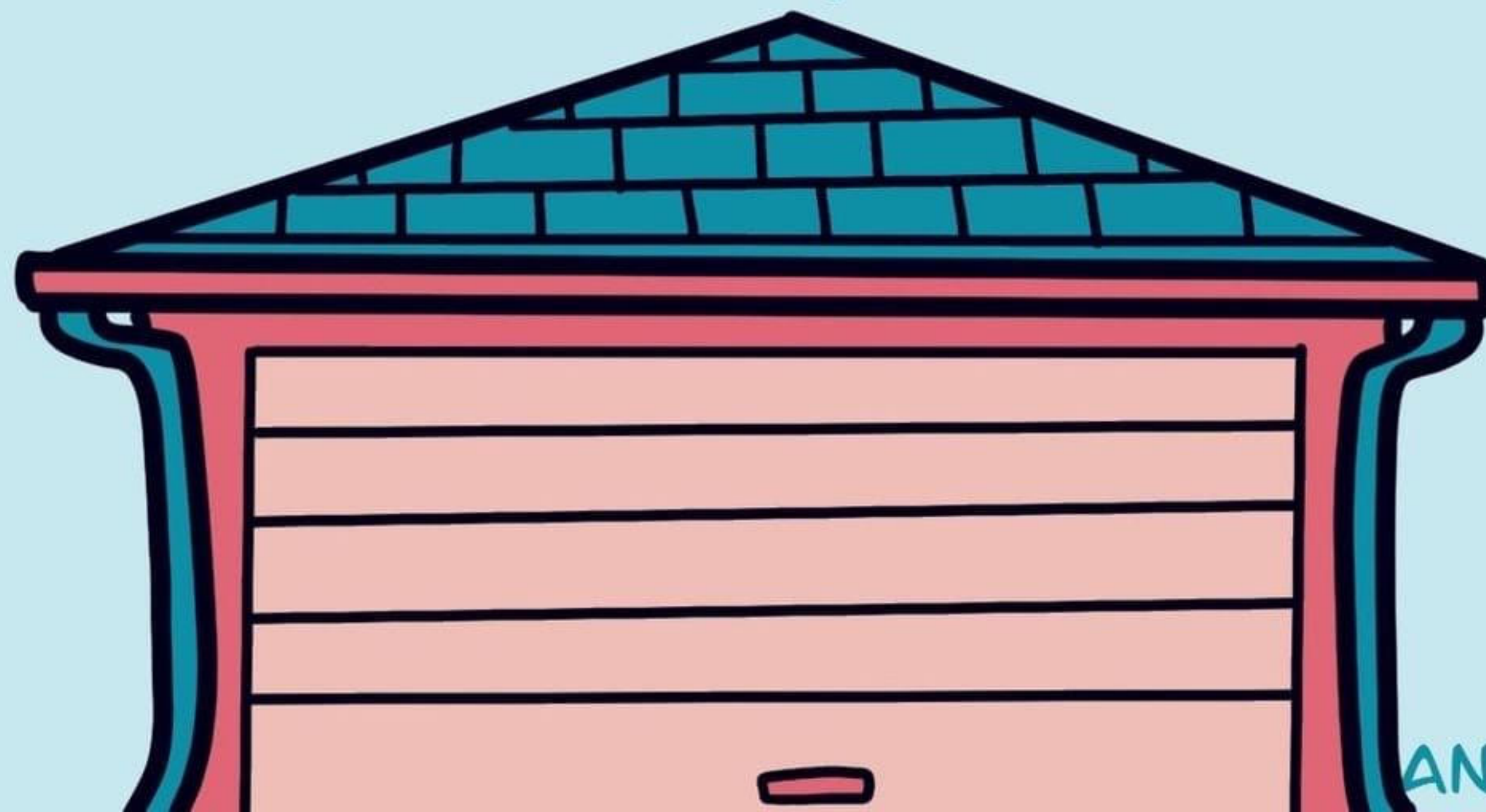
TRICKS & CHEATS OF THE OCD CON ARTIST

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

Mismatching

OCD presents information that happened to someone else, in an attempt to give credibility to your doubt.

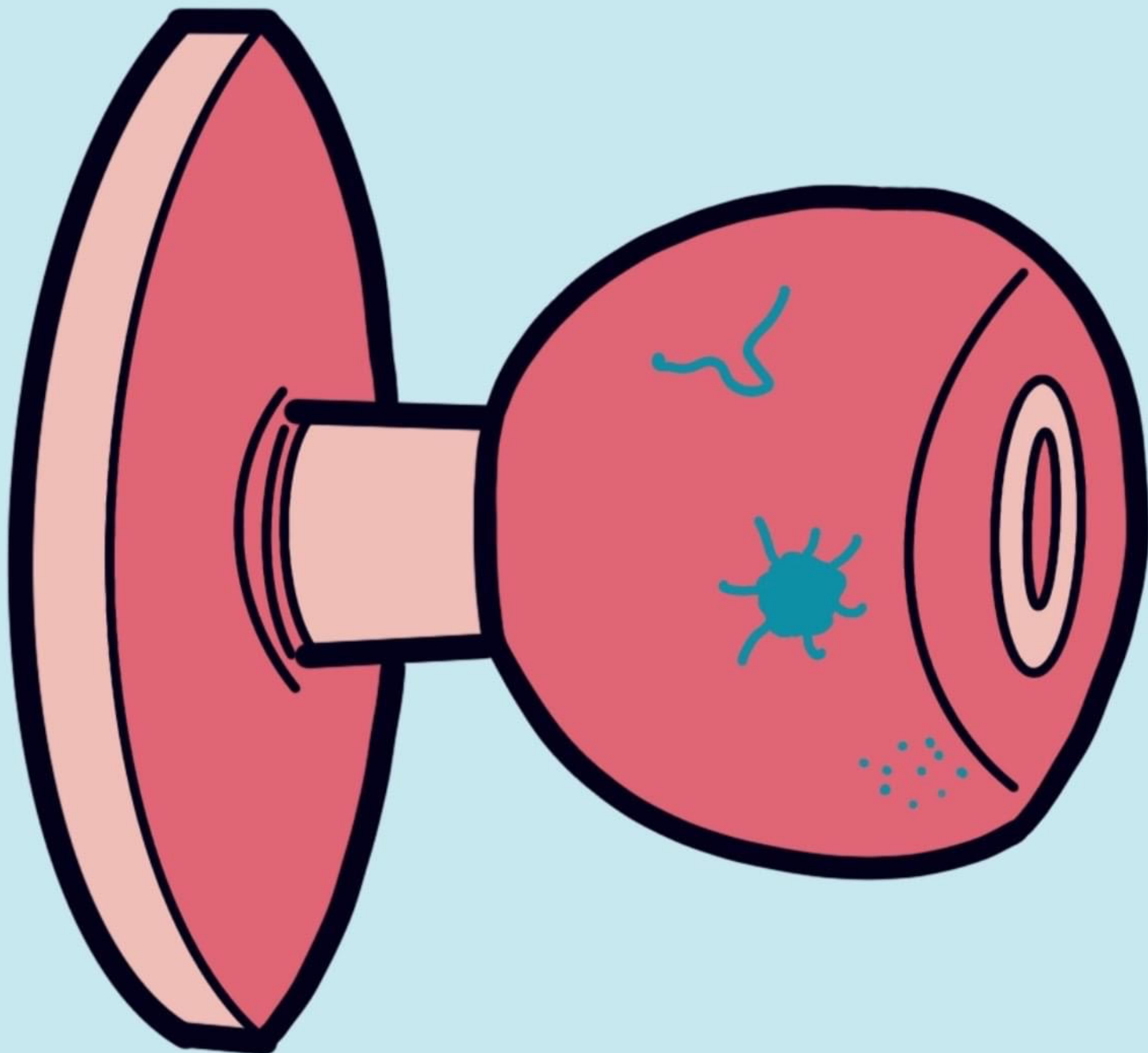
Example: My neighbor once left his garage door open and he was robbed. So I could easily leave mine open.



Reverse Reasoning

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

Typical reasoning starts with an observation in reality, then leads to a conclusion about that observation. Reverse reasoning begins with an idea or “fact,” and then creates a conclusion.



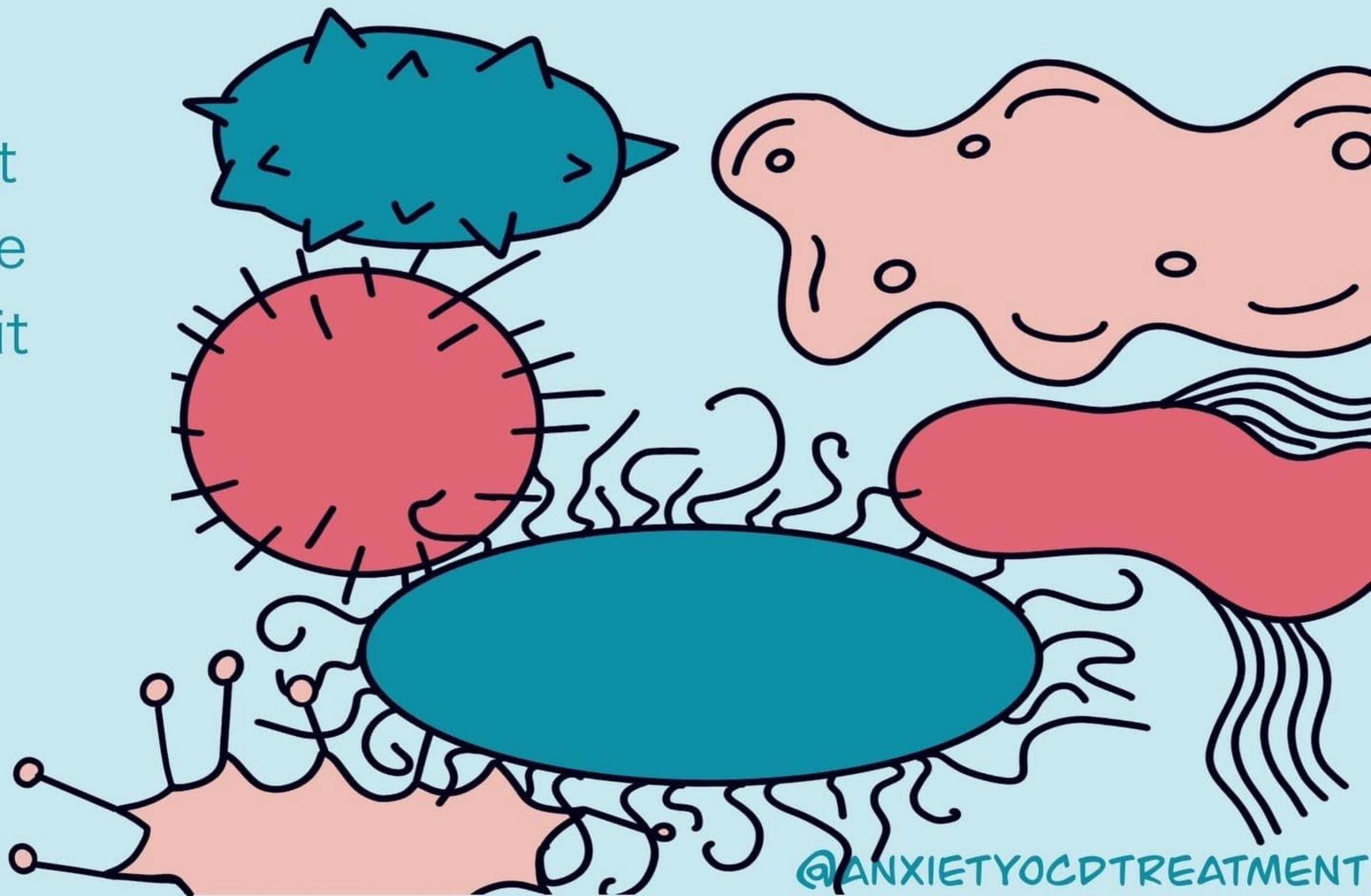
Example: People touch this doorknob all the time. Therefore it must be dirty.

Out-of Context Facts

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

OCD may present “facts” (which may or may not be true), but have nothing to do with the reality in the here and now.

Example: But germs can be airborne, so it is possible I am dirty.

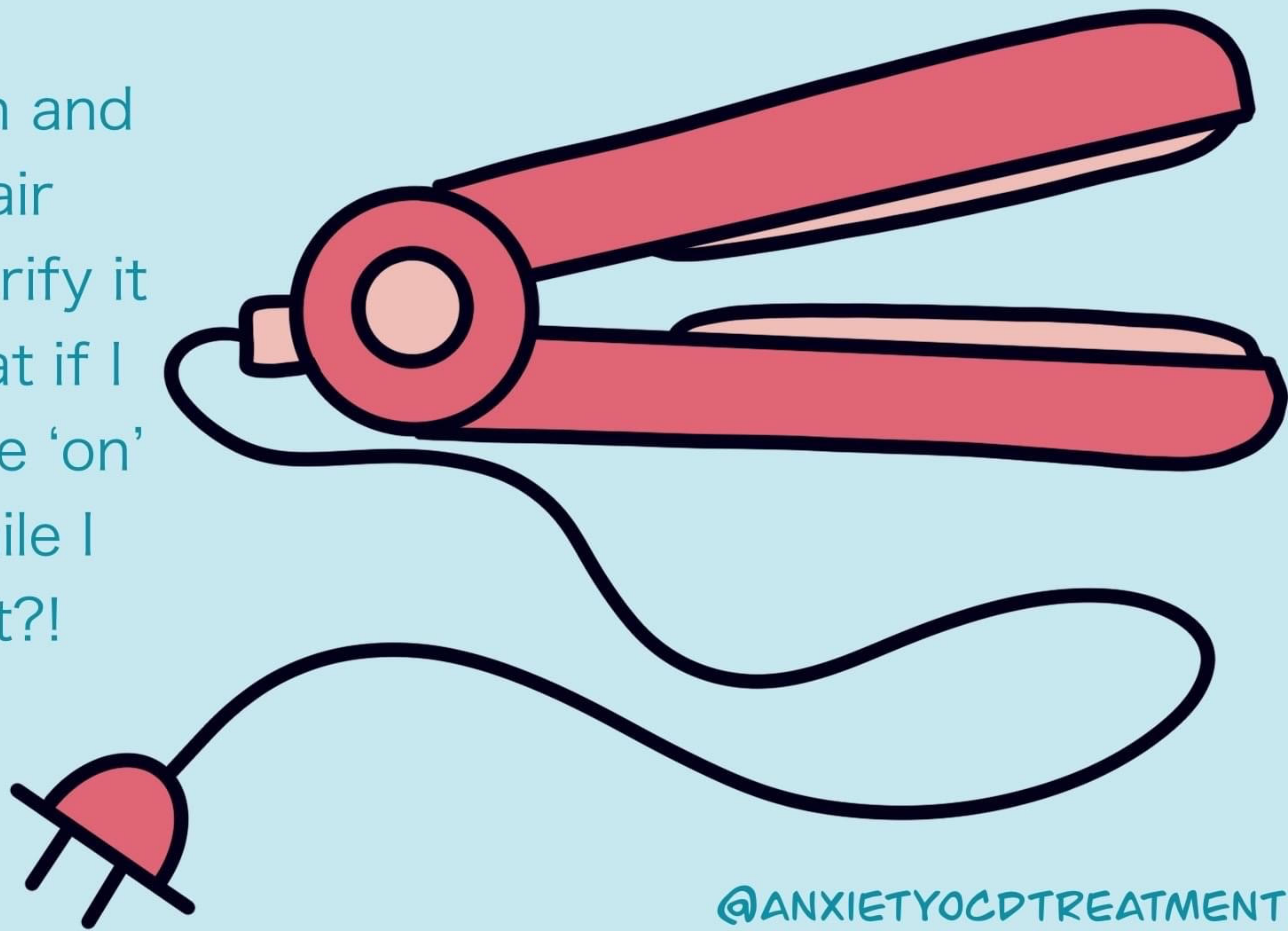


Double Jeopardy

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

OCD convinces you to obey it, which then creates new doubt because something bad might happen due to obeying it.

Example: I gave in and checked my hair straightener to verify it was 'off.' But what if I accidentally hit the 'on' button again while I was checking it?!



Going Deep

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

OCD may attempt to go beyond reality, deeper and deeper. However it only steers you further from reality.

Example: What if my water is contaminated? I bet I could send the water to a laboratory and they would definitely find something that I can't see.

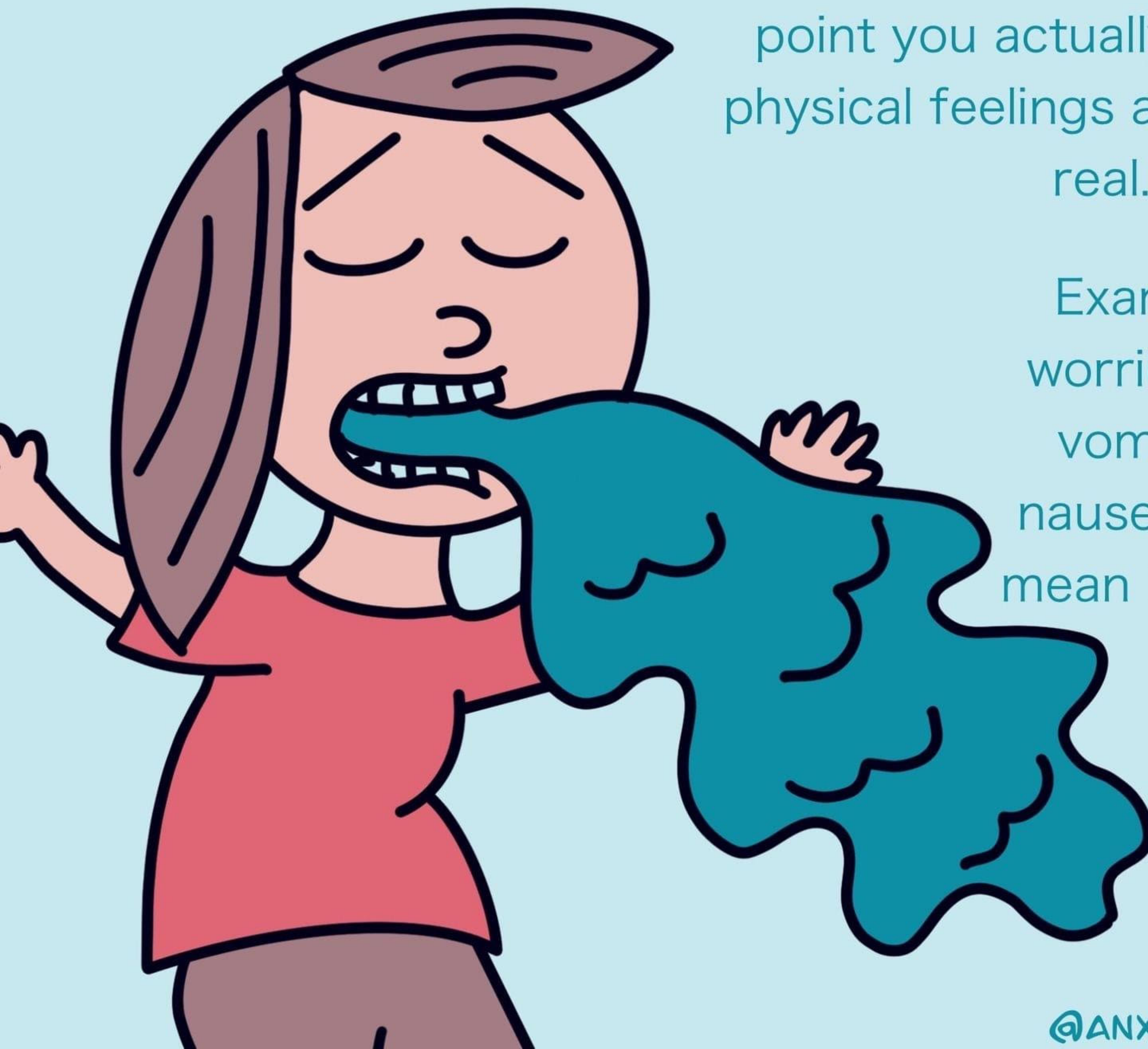


Living the Fear

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

OCD can simulate reality to the point you actually experience physical feelings as if they were real.

Example: I was so worried that I would vomit. Now I feel nauseous. Does this mean I really am sick?



Testing It Out

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

OCD may convince you to test out the behavior, and then try to use this as evidence for your doubt.

Example: I doubt my sexual orientation, so I look at other women to test for arousal. Well my doubt must be true because I was looking at other women!

