

MY STORY

I have no evidence in the here and now that (_____). The only thing I know for sure in this moment is (_____). because my senses tell me so. Anything beyond that comes from my imagination. If I didn't have my OCD story about (_____) and I didn't believe that I was someone who (_____), I would not have come to this conclusion. Without my OCD story and feared self, I would probably think (_____) and I would think of myself as a (_____) person. I have no reason to distrust what my senses are telling me. In similar situations such as (_____) I have no problem trusting myself. That's because (_____). Actual (_____) is/are different than what I'm experiencing with my OCD because (_____). I am someone who cares about (_____) and that shows up in my behavior such as (_____). I am going to enjoy the rest of my day knowing that I am a (_____) person and that I can trust my senses and common sense to tell me if there were something real to be concerned about.