

I have no evidence in the here and now that (I am sexually attracted to this child). The only thing I know for sure in this moment is (there's a child on Instagram who is cute) because my senses tell me so. Anything beyond that comes from my imagination. If I didn't have my OCD story about (being sexually attracted to children) and I didn't believe that I was someone who (was capable of harming others), I would not have come to this conclusion. Without my OCD story and feared self, I would probably think ("that's a cute kiddo") and I would think of myself as a (normal and safe) person. I have no reason to distrust what my senses are telling me. In similar situations such as (being around cute animals) I have no problem trusting myself. That's because I know (finding someone is cute is different than sexual attraction). Actual (sexual attraction) is different than what I'm experiencing with my OCD because it (feels exciting, and I have a sense of yearning). I am someone who cares about (being a kind person and making others feel safe and comfortable) and that shows up in my behavior, such as (making a point to check in on my friends when I know they are struggling). I am going to enjoy the rest of my day knowing that I am a (kind, safe, and gentle) person and that I can trust my senses and common sense to tell me if there were something real to be concerned about.