

# Tying it all together; STEPS TO TRUSTING YOURSELF AGAIN.

1

When you notice "the feeling", ask yourself: "What is the doubt that caused this feeling?" Remember, these doubts start with "what if...".

2

Ask yourself if this is an obsessional doubt or a reasonable doubt. Remember, a reasonable doubt will have information **IN THE MOMENT** from the 5-senses, common sense, or your **REAL** self.

3

Remind yourself that OCD is **ALWAYS** completely in the imagination and that something being possible does not make it relevant.

4

Imagine yourself on a bridge between **RIGHT NOW LAND** and **IMAGINATION LAND**. You are getting lured into the **OCD BUBBLE** that is within **IMAGINATION LAND**. **THE OCD BUBBLE** is promising relief and solutions if you go toward it. Your job is to **PAUSE** for 60 seconds and **RECOGNIZE** that you actually have a choice you can make about where to go.

5

**NATURALLY** take a look at **RIGHT NOW LAND** (5-senses, common sense, real-self) and make a decision about which land you are going to walk toward.

6

Walk toward **RIGHT NOW LAND** by not doing compulsions. When you notice the **ICKY** feeling that tells you that you aren't doing enough to address this, remind yourself that **YOU KNOW ALL YOU NEED TO KNOW**. This feeling is like a sore muscle after exercising; it is a sign of growth!

7

Do whatever you would be doing normally. **LIVE YOUR LIFE!**