

## Training Card 8.2.

### Leaving the OCD Bubble

- 1 Do Not Trespass**  
Remind yourself that you should not be there
- 2 Freeze and Give Up**  
Stop your compulsions and feel the vulnerability
- 3 Retrace your Steps**  
Go backwards to identify the entire sequence
- 4 Remember Reality and See the Trick**  
What was really happening and how did OCD trick you?
- 5 Null-point Stillness**  
Hold still in-between reality and imagination
- 6 The Five Doorways**  
Briefly remind yourself of the five doorways.
- 7 Reject and Engage**  
Reject the OCD and engage with reality.

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