

Diagram 9.3.

## Examples of Relying on Inner and Outer Sense Information in OCD Situations

**SITUATION/ACTIVITY:** Giving the baby a bath (Disturbing Thoughts OCD)

- I give my baby a bath because I **believe** my baby's needs are important (inner senses).
- I **feel** the water to make sure it's warm and not too hot (outer senses).
- I wash the private areas because I **want** the baby to be clean everywhere and I **care** about its well-being (inner senses).
- I pat the baby dry, including all skin folds, until I **see** and **feel** it's dry (outer senses).
- I give the baby a massage, fully **aware that my intention** is to help it relax and sleep more comfortably (inner senses)

**SITUATION/ACTIVITY:** Engaging with life fully and naturally (Metaphysical OCD)

- I wake up and **see** the sunlight coming through my window, **feeling** the warmth of my blanket and the firmness of my bed beneath me (outer senses).
- I **engage** in a conversation with a friend, **seeing** their facial expressions, **hearing** the tone of their voice, and naturally **responding** without analyzing my own presence (outer senses).
- I work on a project, **feeling** the flow of ideas, **noticing** my focus shifting as I get absorbed in the task, and trusting that I am engaged in the moment (inner senses)
- I walk outside, **feeling** the ground beneath my feet, **smelling** the fresh air, **hearing** birds and distant voices, and **moving forward** naturally without questioning (outer and inner senses).

**SITUATION/ACTIVITY:** Using a public bathroom (Contamination OCD)

- I open the door of bathroom stall and **see** the toilet looks clean (outer senses).
- If I **see** some drops on the floor I avoid stepping on them (outer senses).
- I use the toilet and trust that it is clean when I do not **see** or **feel** anything dirty (outer senses)
- I **see** myself washing my hands and know they are clean afterwards (outer and inner senses).
- I close the faucet which **looks** clean and dry my hands (outer senses)