

COGNITIVE-BIOBEHAVIORAL SELF-TREATMENT
FOR OBSESSIVE-COMPULSIVE DISORDER
(OCD)

1. RE LABEL:

Recognize the intrusive obsessive thoughts and urges as a RESULT of OCD.

2. RE ATTRIBUTE:

Realize that the intensity and intrusiveness of the thought or urge is CAUSED BY OCD; it is probably related to a brain biochemical imbalance.

REMEMBER: IT'S NOT ME, IT'S THE OCD

3. RE FOCUS:

'Work Around' the OCD thoughts by focusing attention on something else at least for a few minutes, i.e. DO ANOTHER BEHAVIOR.

4. RE VALUE:

Do not take the OCD thought at 'face value'. It is not significant in itself.