

THE PARADOX OF OCD

HAVING AN OBSESSIVE FEAR OF HAVING OCD

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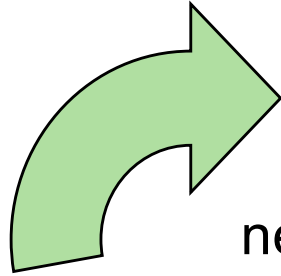
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WHAT IS IT LIKE TO SUFFER FROM OCD?



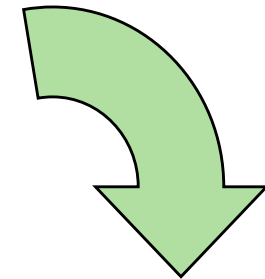
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VICIOUS OCD CYCLE



OBSESSIONS

negative thoughts, situations, sensations

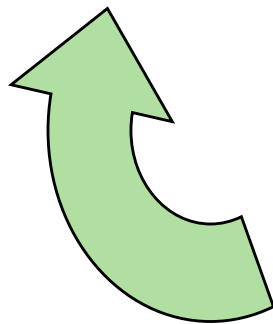


ANXIETY

distress, fear,
shame, disgust

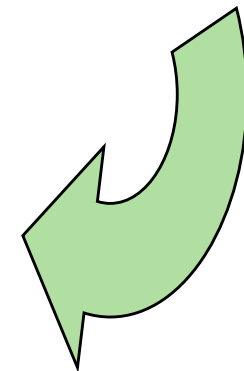
RELIEF

distress subsides
temporarily



COMPULSIONS

avoidance, escape, reassurances



TWO COMPONENTS OF ANXIETY

➤ Objective Physical Sensations

- ✓ Heart palpitations
- ✓ Heavy breathing
- ✓ Headache
- ✓ Nausea
- ✓ Sweating

➤ Subjective Experience & Emotions

- ✓ Nervousness
- ✓ Fear
- ✓ Worries
- ✓ Apprehension
- ✓ Distress



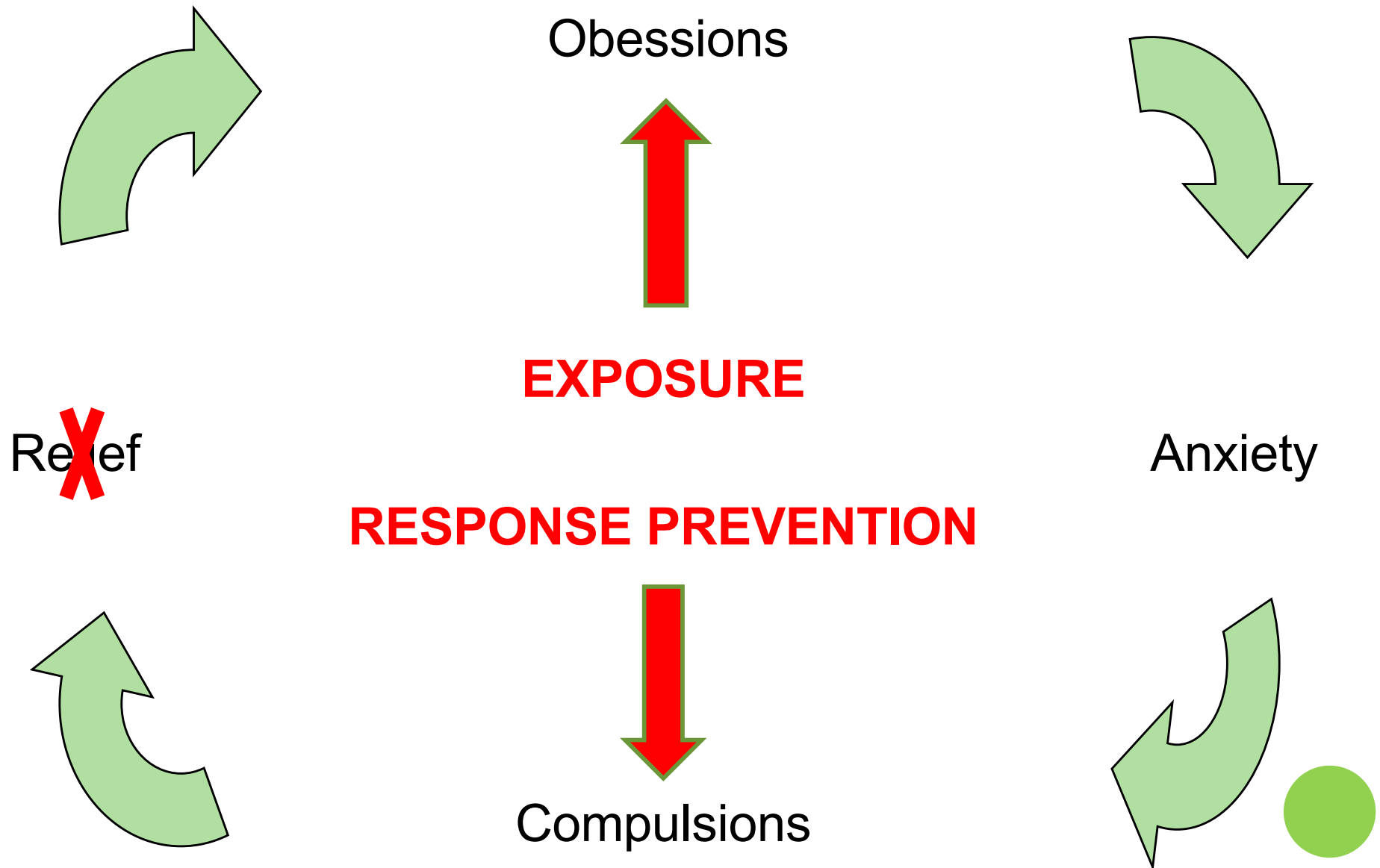
EVIDENCE-BASED TREATMENT

CBT

- You cannot control your thoughts.
- You cannot control your feelings.
- You can control your behaviors.
- As you change your behaviors, your thoughts and feelings will also change.



ERP TO BREAK OCD CYCLE



THE PARADOX: FEARING OCD = HAVING OCD

WHAT WORKED FOR SAM & HAROLD?

- Mindful Tolerance via Rope-a-dope: Embracing OCD to defeat it.
- Take a Seat: Sitting with fight-or-flight discomfort through narratives and loop tapes
- Delay, delay, delay: Waiting it out
- Deny, deny, deny: Doing it wrong
- Keep it Moving: Shifting attention & energy to a focused task
- The Art of Not Knowing: Accepting uncertainty & confusion
- Ignore vs. Resist: Taking the path of least resistance



Q & A

Renewed Freedom Center *for Rapid Anxiety Relief*

www.RenewedFreedomCenter.com

Little Thinkers Center *Building Strong Thinkers*

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