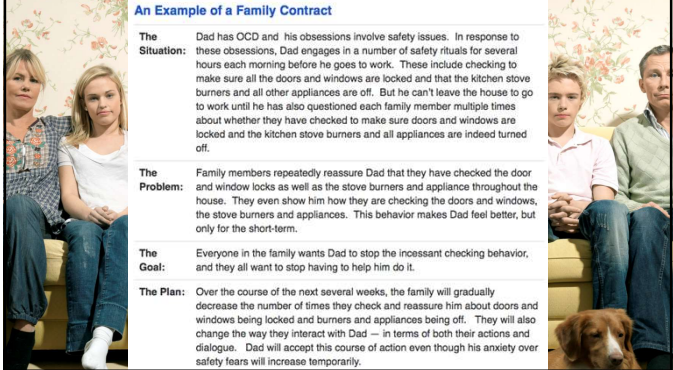


UGH! I'm Just So Angry! Anger and OCD

Amy Jatczak
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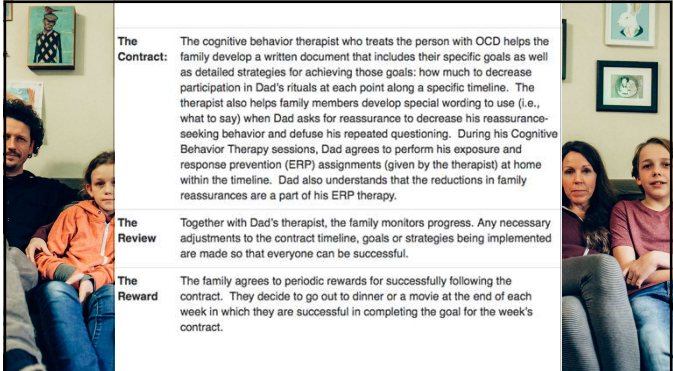


An Example of a Family Contract

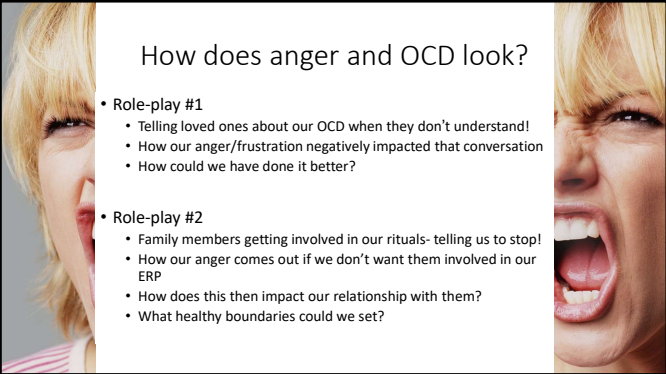
The Situation:	Dad has OCD and his obsessions involve safety issues. In response to these obsessions, Dad engages in a number of safety rituals for several hours each morning before he goes to work. These include checking to make sure all the doors and windows are locked and that the kitchen stove burners and all other appliances are off. But he can't leave the house to go to work until he has also questioned each family member multiple times about whether they have checked to make sure doors and windows are locked and the kitchen stove burners and all appliances are indeed turned off.
The Problem:	Family members repeatedly reassure Dad that they have checked the door and window locks as well as the stove burners and appliances throughout the house. They even show him how they are checking the doors and windows, the stove burners and appliances. This behavior makes Dad feel better, but only for the short-term.
The Goal:	Everyone in the family wants Dad to stop the incessant checking behavior, and they all want to stop having to help him do it.
The Plan:	Over the course of the next several weeks, the family will gradually decrease the number of times they check and reassure him about doors and windows being locked and burners and appliances being off. They will also change the way they interact with Dad – in terms of both their actions and dialogue. Dad will accept this course of action even though his anxiety over safety fears will increase temporarily.

Anger and MY OCD- Lisa and Chris

- How I was affected by anger during my struggles with OCD
 - During diagnosis
 - Treatment
 - Now/Management
- How my anger affected those I love
 - My family
 - My friends
 - Myself

The Contract:	The cognitive behavior therapist who treats the person with OCD helps the family develop a written document that includes their specific goals as well as detailed strategies for achieving those goals: how much to decrease participation in Dad's rituals at each point along a specific timeline. The therapist also helps family members develop special wording to use (i.e., what to say) when Dad asks for reassurance to decrease his reassurance-seeking behavior and defuse his repeated questioning. During his Cognitive Behavior Therapy sessions, Dad agrees to perform his exposure and response prevention (ERP) assignments (given by the therapist) at home within the timeline. Dad also understands that the reductions in family reassurances are a part of his ERP therapy.
The Review	Together with Dad's therapist, the family monitors progress. Any necessary adjustments to the contract timeline, goals or strategies being implemented are made so that everyone can be successful.
The Reward	The family agrees to periodic rewards for successfully following the contract. They decide to go out to dinner or a movie at the end of each week in which they are successful in completing the goal for the week's contract.

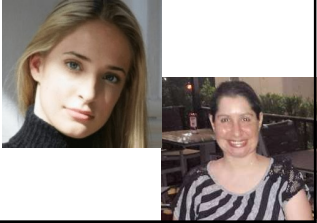


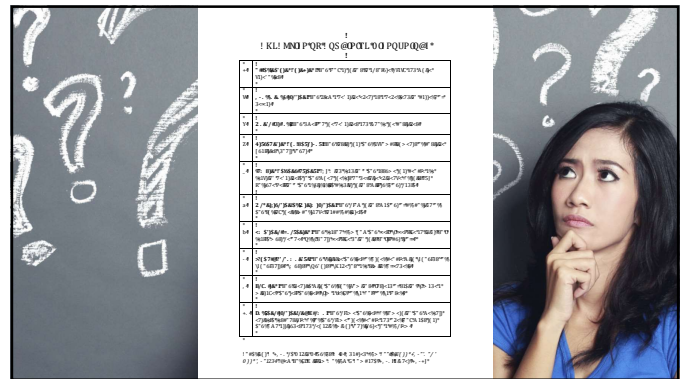
How does anger and OCD look?

- Role-play #1**
 - Telling loved ones about our OCD when they don't understand!
 - How our anger/frustration negatively impacted that conversation
 - How could we have done it better?
- Role-play #2**
 - Family members getting involved in our rituals- telling us to stop!
 - How our anger comes out if we don't want them involved in our ERP
 - How does this then impact our relationship with them?
 - What healthy boundaries could we set?

Anger and MY OCD- Liz and Amy

- How I was affected by anger during my struggles with OCD
 - During diagnosis
 - Treatment
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Is it all in our head?

- Are we making up a story or exaggerating it?
- Cognitive distortions
- Thought Challenge worksheet and how it can be useful in the moment
- Use facts, how you feel when having a crucial conversation


Channeling your Anger

- What works for us?
- What works for you?
- What do you to engage in self-care
- Audience and panel open-discussion

A person with long, wavy red hair is sitting on a grassy hill, viewed from behind. They are wearing a dark blue or black hoodie and light-colored pants. They are looking out over a vast landscape with rolling hills and a cloudy sky. The lighting suggests it might be late afternoon or early morning, with a warm, golden glow.[illegible]

Get our mind off of it!

- Distraction techniques
- Alternative coping
- Audience engagement:
 - What works for you?

A collage of three images. The top image shows a person in a grey shirt standing in a field of yellow flowers. The middle image shows a group of people smiling and laughing. The bottom image shows a woman in a black tank top looking to the side.

Anger and OCD group exercise

- Role-play patients with OCD and therapists
- Scenarios where anger has been destructive in your treatment and relationships
- Come up with tools and more effective positive coping strategies

Practice Practice Practice

Practice makes perfect

- We will get angry. We are human.
- The more we practice, the easier it gets to use our positive coping tools
 - Remember practice when you are not angry so you can use when you are
- Each relationship is different and you might approach your anger or the way you work with each person differently

Lets practice!

- Role-play scenario where family members get involved in our OCD when we don't want them to. Anger ensues: what can we do?
- Healthy versus unhealthy approaches
- Ways to try our best to manage our OCD together
- Working together as a TEAM with your family instead of against each other

Practice Practice Practice

Questions and discussion

- Questions
- Thoughts?
- Concerns about applying these tools
- Open discussion



Small group exercise

- Break into groups of 5-7
- Talk through recent scenarios where your anger got involved
- Problem solve ways you could handle it or could have better handled it
- Share with large group (one from each group)