

Motivating Yourself to Take the Risk of ERP

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WHY A BOOT CAMP?

- Exposure & Response Prevention (ERP) is the treatment of choice! But... ERP feels scary.
- Uncertainty is the tie that binds.
- Uncertainty means you are taking a risk; A real risk.
- Safety is not a fact; it is a probability statement.
- Today's goal: help you find the motivation to take advantage of all this conference has to offer.



WHY RISK ERP?

- ERP is the treatment of choice.
- Your rituals don't work.
- Are you who you want to be?
- What have you lost to OCD?
- Who do you want to be?



ERP MOTIVATOR: WHAT HAVE I LOST TO OCD?

Lost/Wasted
Time

Humiliating
Experiences

Financial/
Employment Losses

Guilt

Because of OCD,
I've Missed

Because of OCD,
I've Been Late To

Damaged or Lost
Relationships

Other OCD
Losses

WHY RISK ERP?

- Do you love your family and would you do anything for them?
- Sorry, you are liars!
- Actions not intentions count.
- Choose love over the OC **Demon**.



ERP MOTIVATOR: HOW GIVING IN TO OCD HAS HURT MY LOVED ONES

**Forcing Them
to Ritualize**

**Making Them Late
or Missing Events**

**Hurt Them with
My Other
OCD Demands**

**Hurt Them with
My OCD Anger**

**Hurt Them with
My OCD Rigidity**

**Ignoring Them
Because of
OCD Thoughts**

**Ignoring Them
by Withdrawing**

Other



CAN YOU DO THIS?

- You live with uncertainty and risk normally in the areas of your life not confounded by OCD.
- Will you risk self compassion?
- The present vs OCD land.

**WILL YOU
DO THIS?**



Security is mostly a superstition.

It does not exist in nature, nor do the children of men as a whole experience it.

Avoiding danger is no safer in the long run than outright exposure.

Life is either a daring adventure, or nothing.

Helen Keller