

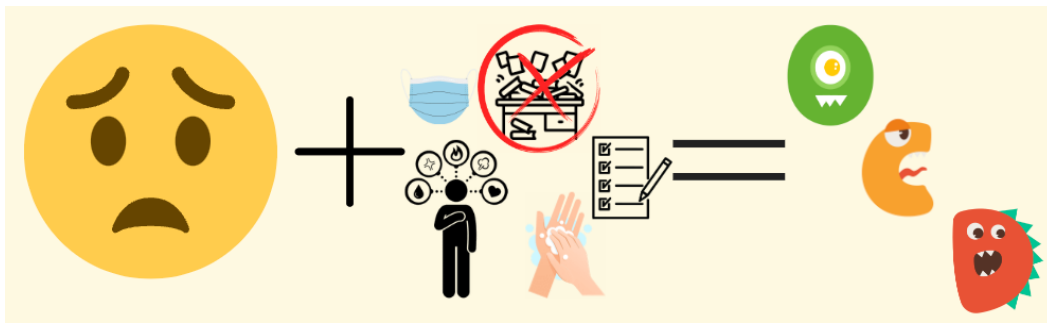
What is OCD?

Worries (O)

+

Mental or Behavioral Actions (C)

that seem to make us feel better... FOR NOW



What are some of *your* OCD themes (things that make you scared or uncomfortable)?

Contamination (fear of germs/dirt/or grossness)

Symmetry (having things in a specific order or balance)

Moral OCD (fear of doing/feeling/thinking something "bad")

Just Right/Perfection (uncomfortable feeling until OCD says it's ok)

Harm (fear of hurting yourself or others)

Intrusive Thoughts (thoughts that stick and are replayed over and over)

What are Accommodations?



Things your parents **do (or don't do)**
that makes you feel better **FOR NOW,**



but makes it **HARDER** to face in the long term.



What do your parents DO or DON'T DO To ACCOMMODATE your OCD?



Wash or clean things more often than they usually would?

Don't touch certain things?

Stay with you until you fall asleep or sleep in the same bed?

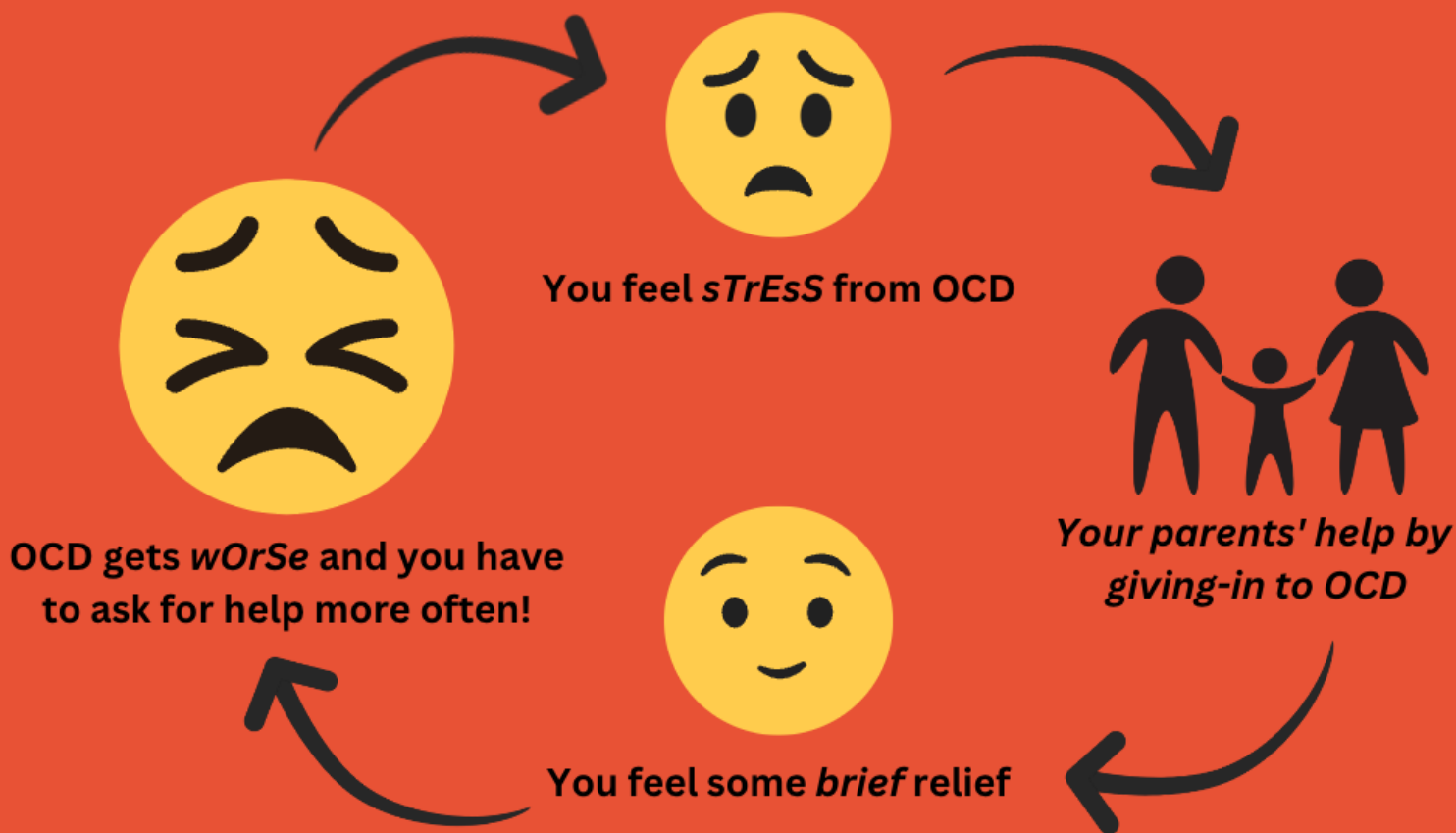
Don't say certain words?

Only buys specific clothes or brands of items?

Answer lots of OCD questions?



Wake up or leave for things early so there's no way to be late?



During treatment parents may work towards **REDUCING** accommodations...



When this happens, it can leave you **HANGING**...

So what do we do now?
We **S.T.E.P.-UP**

1. S. - SIGNALS

Look for 👁️👁️ and figure out 🤔

Situations,
Sights,
Sounds, or
Sensations

that trigger *your* OCD
(so that you can be prepared to fight back)

Make a list of some of your SIGNALS below:

_____	_____
_____	_____
_____	_____
_____	_____

2. T.E.P. – *Techniques and Exercises that require Practice*

These can be focused on our...



Mind

and



Body

Make OCD different

Identify strengths

Notice the lies

Discover our brave-self



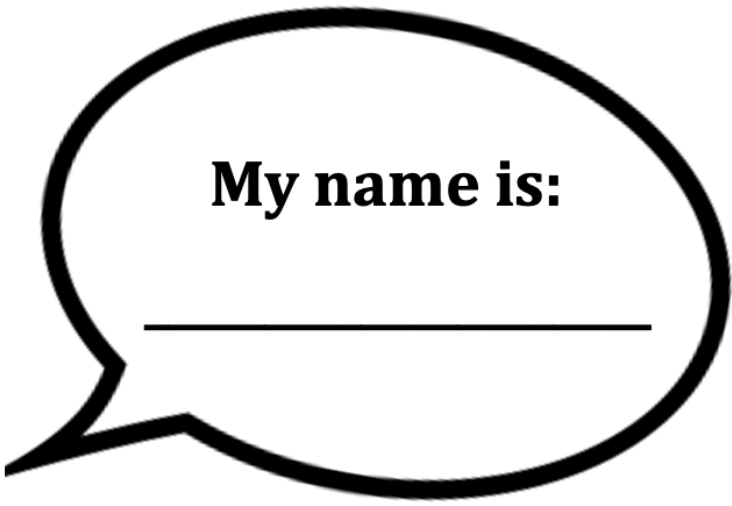
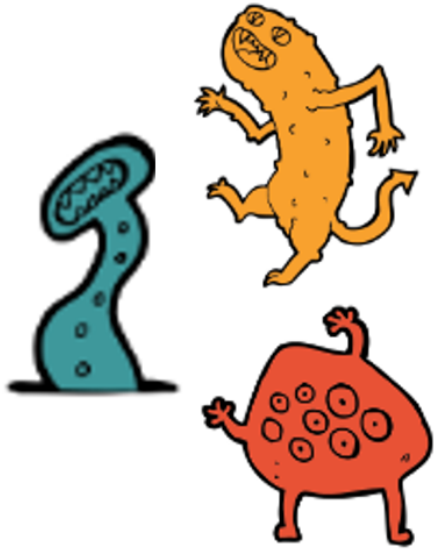
Belly breaths

Observe (5-4-3-2-1)

Do something active

Yoga tense-relax





My name is:

WHO is in charge of these
thoughts or actions?
is it **ME?** or my **OCD?**

Find
your
STRENGTHS

A	C	K	W	S	M	A	R	T	X
A	R	L	D	G	F	R	P	Y	W
H	E	O	N	I	C	E	M	E	B
E	A	V	U	V	S	J	B	A	H
L	T	I	Z	C	J	H	R	D	F
P	I	N	M	R	E	S	A	R	U
F	V	G	T	M	M	I	V	A	N
U	E	D	X	J	D	N	E	I	V
L	T	A	L	E	N	T	E	D	H
G	I	W	Y	X	Y	N	E	B	O

Notice the *lies*

Answer with your *smart* brain

Make a **brave-self** statement:

"I am feeling _____ (scared/angry/upset)

and that's OK,

But I know that I can handle it!"

My list of **body-focused** T.E.Ps:







3. UP – Everything that lifts you UP!



UP

