

# SPINNING THE WHEEL ON OCD!

**Devika Basu, PhD**  
**Megan Faye, PsyD**  
**Gilly Kahn, PhD**

# OUR GOALS:

- Connect with others while doing exposures
- Learn how to make ERP feel less scary
- **HAVE FUN!**

# ERP + ACT

What's the point of ERP?

Bringing in ACT:

- Using **values**
- **Accepting** discomfort and staying **mindful**

# OUR APPROACH:

1. Pick a target (that is, an OCD theme you want to tackle)
2. Brainstorm any ways that you can **approach** this fear instead of avoiding
3. Let your Wheel of Fortune decide
4. Do the exposure
- 5. CELEBRATE!**

TIME FOR SMALL  
GROUPS!

## Introductions:

- First name
  - Age
  - One thing that is really important to you
  - Your OCD “flavors”
-

BRAINSTORM:

WITH YOUR GROUP, COME UP WITH 6 EXPOSURE IDEAS

WRITE THEM ON YOUR WHEEL

# EXPOSURE IDEAS

## **Contamination:**

- Touch the floor then touch your face
- Touch the elevator buttons, then continue using your hands “normally”
- Use someone else’s pen
- Sit/roll around on the floor
- Eat something off the floor
- Use the bathroom and then shake someone’s hand without doing a “good” hand wash

- Touch all the seat bottoms on the chairs in the room
- Drop a straw on the floor and use it for a drink

## **Harm:**

- Think “I hope (someone’s name) trips and falls”
- Play the “goodbye I hope you die” game
- Curse or “send a pox” upon a presenter or neighbor OR someone you really don’t like

# EXPOSURE IDEAS

## **Perfectionism:**

- Move something out of alignment in the room
- Write a note with your left hand
- Mess up your outfit (pull one sock higher than the other, put your shirt inside out, switch your part to the other side)
- Send a text with important words missing

## **Health:**

- Have a contest to find the most weirdly named disease
- Have a contest to find the scariest medical statistic
- Look up symptoms for the weirdest disease you can think of, and then share with someone else without talking about if you have any of those symptoms



# EXPOSURE IDEAS

## **Scrupulosity:**

- Tell someone a subtle lie
- Make a mess and leave it so a presenter has to clean it
- Write “evil” messages on slips of paper and leave them around the conference
- Write “bad” words in weird/illegible handwriting
- Play two truths and a lie
- Write down a “bad” thought and keep it in your pocket all day
- Take more conference swag than is “recommended”
- Leave a half eaten bit of food somewhere and make eye contact with people as you leave it and walk away
- Think horrible thoughts about one of the presenters and then share it with your neighbor

# EXPOSURE IDEAS

## **Miscellaneous/Social:**

- Stand in an awkward way (facing a corner, just slightly facing away from someone you're talking to, make direct and unblinking eye contact) and continue to have a conversation
- Go up to someone who works at the hotel and ask them an obvious question (like going to the front desk and asking someone who works at the hotel "hey, could you help me find someone who works here?")
- Use a weird word excessively in conversation (like cornucopia)
- Repeatedly interrupt someone while they're talking

EXPOSURE TIME!

TIME TO BRING IT HOME!

# LET'S PROCESS

- What exposure did you do and how did it go?
- What was it like doing exposures as a group?
- What did you learn?
- What are other ways to “randomize” your ERP experience?
- How can you take this home and apply it to your daily life?