

S.T.E.P.—UP

My parents have stopped giving in to my OCD...

NOW WHAT!?

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")

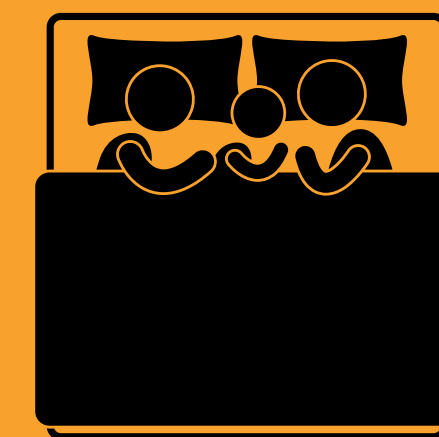
Just Right/Perfection (uncomfortable feeling until OCD says it's ok)

Harm (fear of hurting yourself or others)

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

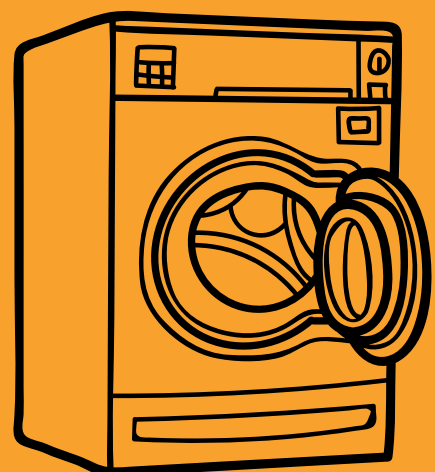
What are accommodations?

Things your parents *do* (or *don't* do)



that bring *TEMPORARY* relief,

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



BUT WHY?????



OCD gets *wOrSe* and you have to ask for help more often!



You feel *sTrEsS* from OCD



Your parents' help by giving-in to OCD



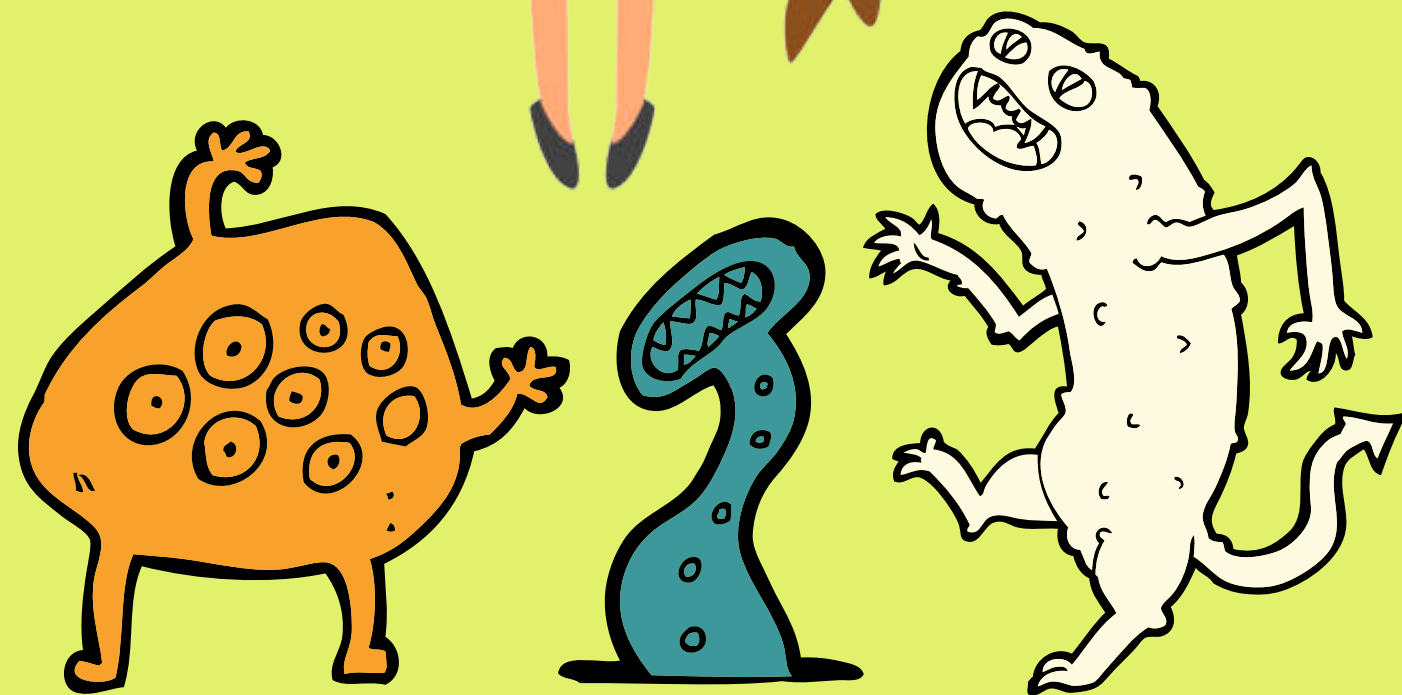
You feel some *brief* relief



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

Identify the:

- Situations
- Sights
- Sounds
- Sensations

that trigger OCD

(so we can be prepared to fight back)



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

These can be focused on our...



Mind

and



Body

Mind-focused T.E.P.s

Make OCD different

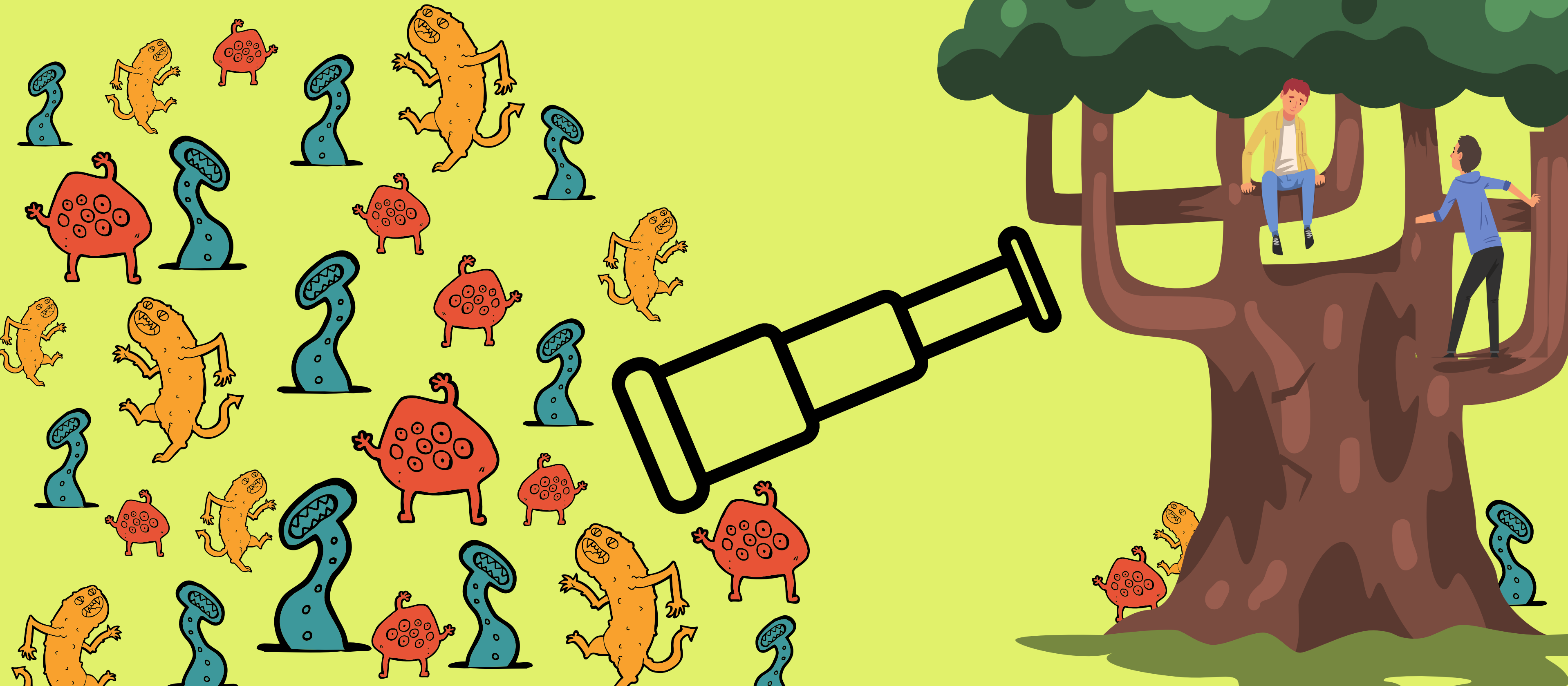
Identify strengths

Notice the lies

Discover our brave-self



Make OCD different



Identify 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



A	C	K	W	S	M	A	R	T	X
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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

Identify strengths



creative
smart

talented
loving

helpful
brave

nice
fun

Notice the lies

**"Thoughts are not truths,
Feelings are not facts"**

- **Make it a question**
- **Answer with your smart brain**



Discover our Brave-Self

What does our "brave-self" sound like?

- **Validate emotions**
 - "I am feeling _____ and that's ok..."
- **add Confidence**
 - "but I know that I can handle it!"

It's uncomfortable at first,
but trust that you'll adjust!



Body-focused T.E.P.s

Belly breaths

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

Do something active

Yoga tense-relax

What are your go tos?



UP - everything that
lifts you **UP**



REWARD YOURSELF!





After we S.T.E.P-UP,
what are we left with??

The tools to join a bunch of
others on our journey towards
being more independent!

(needing our parents for parent stuff
and not for OCD stuff)



S. T. E. P - UP

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*for
OCD*

*and
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require*

**everything
that lifts
you UP**

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