Technology Rituals? You're Not Alone!!

SUPPORT GROUP

Facilitated By Amanda Meredith, LCSW
Center for OCD and Anxiety
Pittsburgh PA

What Am I Doing Here??

This support group is focused specifically on rituals around technology--needing to post just the right thing, following the urge to clear every open app off your phone, avoiding it altogether, etc. We live in a digital age, and OCD can often quickly and easily develop rules for how we do this.

Let's hope that this group helps you realize that you're not alone and will hopefully include a few members willing to share success stories about how they've challenged their own OCD around technology!

Who Am I? And, More Importantly—Who Are You?

- Name
- Favorite Color
- Cake or ice cream?
- Memory of a favorite birthday party?
- Biggest Takeaway from the conference so far?

Informal Survey Time:

- What device do you use to complete technology rituals? For example: phone, laptop, tablet...
- What type of OCD drives your technology based rituals? For example: just right, need to know, perfectionism, harm...
- Which apps/websites does OCD frequent the most? For example: SnapChat, Instagram, WebMD...
- How much time do you feel like you spend on technology related rituals each day? More than an hour, less than an hour...

How Have You Successfully Challenged OCD?

- What type of exposures have worked well for you? (And what has been super hard to challenge?)
- Do those limits on apps really help you or do you just ignore them?
- Has "phone jail" worked for you?
- Have you noticed any difference in time of day that technology rituals are easier to challenge?
- Tell us about how you geniusly outsmarted your OCD to take your life back!