

# *OCD & the 6-Moment Game:*

STRATEGIES & TACTICS

## *Self-Help Workbook*



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[anxieties.com/ocd-and-the-6-moment-game-lp](https://anxieties.com/ocd-and-the-6-moment-game-lp)

This workbook is part of the online self-help course

# ***OCD & the 6-Moment Game: Strategies & Tactics***

Want to take a look at the course? Visit:  
**[anxieties.com/ocd-and-the-6-moment-game-lp](https://anxieties.com/ocd-and-the-6-moment-game-lp)**

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## The Learning Quiz

Let's see what you remember...

### *OCD's Strategy of Domination*

**1. What seems to be Eric's greatest concern regarding Sonya?**

- A. She hasn't finished preparing the children's breakfast.
- B. Her OCD is getting worse.
- C. She hasn't packed the children's lunches.
- D. She won't have the children ready to leave for school on time.

**2. How is OCD represented in the graphic?**

- A. a snake in the grass
- B. your worst enemy
- C. a pickpocket
- D. here to teach you a lesson

**3. I spoke about perceiving this work as though it's a game that you can win. OCD enters this game dressed as:**

- A. a master of disguises
- B. the game official
- C. a combination of the Hulk and Spider-Man
- D. the world champion

**4. What makes OCD so cunning?**

- A. It takes advantage of our basic human nature.
- B. It knows the passcode to all your apps.
- C. It has discovered all your weaknesses.
- D. It's quicker and more agile than you are.



**5. Why is Lee Ann upset with Conrad?**

- A. He ruined their breakfast.
- B. He doesn't want to check out the venue with her.
- C. He's never introduced her to his parents.
- D. He continues to have doubts about their relationship.
- E. All of the above

**6. Libby can't get out the door until she completes her checking rituals. What did she need to check today before she could leave for her job interview? (Check all that apply.)**

- A. the stove
- B. the contents of her bag
- C. the iron
- D. the kitchen faucet
- E. the front door

**7. Sometimes OCD will stop bothering you about one theme and then generate obsessions around a brand-new theme. Why does it do that? (Check all that apply.)**

- A. Because OCD doesn't care AT ALL about any of these themes.
- B. I mean it. The disorder has zero interest in your theme. Zero!
- C. It just wants to grab your attention and hold onto it.
- D. It develops amnesia and can't remember what theme it was manipulating you with.



## **Our 6-Moment Game**

**8. OCD is a parasite. It depends on you. It needs you. It lives off your responses. It maintains its strength ONLY by your responses. It's nourished – it's fed – by the way you respond to it. OCD needs four big responses from you. Which one of these is not what it needs from you?**

- A. It needs you to take its messages seriously.
- B. It needs you to focus on the specifics of your theme.
- C. It needs you to tuck it in bed at night.
- D. It needs you to become intimidated.
- E. It needs you to respond urgently.

**9. I've been pretty emphatic around this topic, and I talked about it for a long time here. What is it that I declared you should treat as "Nothing... NOTHING!"?**

- A. the things you value in life
- B. the theme of your obsession
- C. your resistance
- D. worries that are signals

**10. What is Conrad's first new tactic against his obsessions?**

- A. He raps to them.
- B. He dismisses them and returns to his studies.
- C. He puts his headset on and listens to music.
- D. He concentrates on making a peanut butter and jelly sandwich.

**11. OCD's intention is to present itself as an authoritative figure who can influence you and dominate you. What all-knowing, all-powerful figure does OCD disguise itself as?**

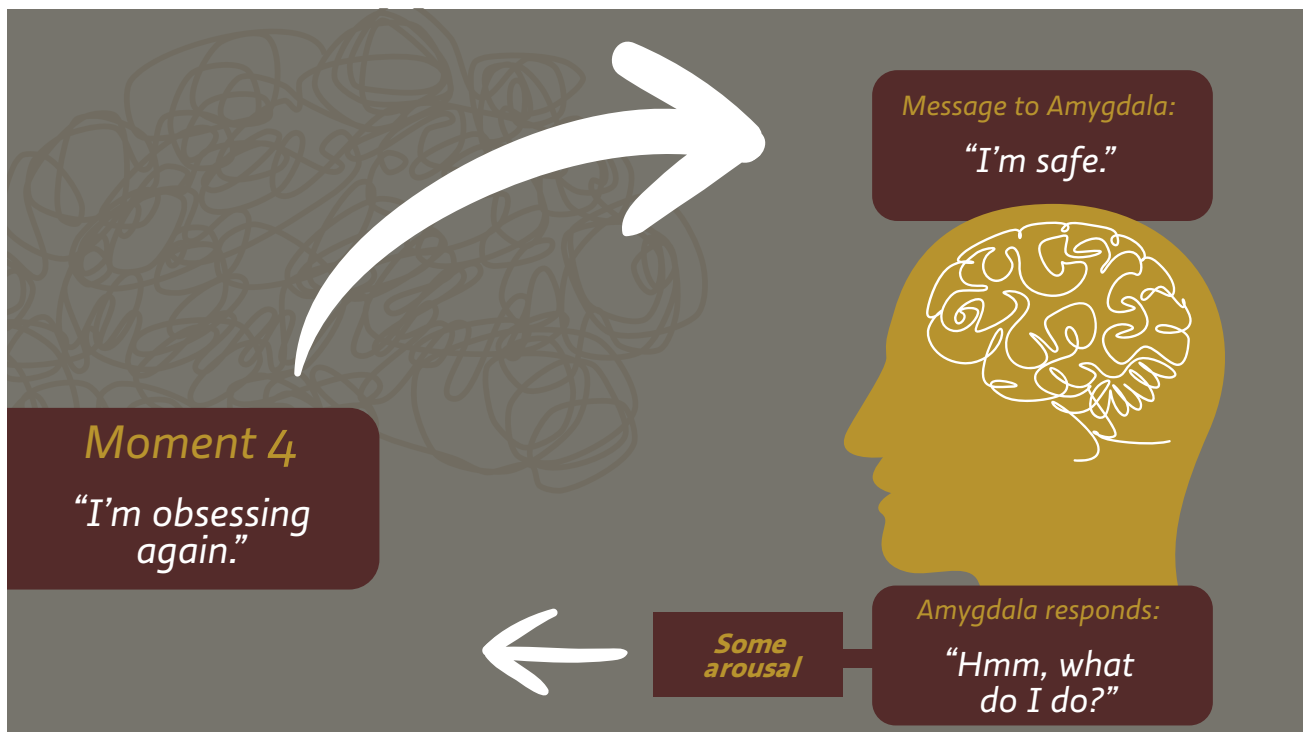
- A. Harry the Hippo
- B. The Wizard of Oz
- C. Zeus
- D. Yoda

**12. In Sonya's first big practice, she tries a new tactic. What is it?**

- A. She asks Eric to stop checking the doors and windows before they go to bed each night.
- B. She allows the kids to come home from the playground without immediately washing their hands.
- C. She creates rules for how she's going to prepare lunch.
- D. She places a knife on her nightstand before going to bed.

**13. Moment 4 is a GIANT paradoxical move. Which of these is not part of that move?**

- A. You break into a system that has been closed to you.
- B. You assert your conscious awareness into a 100% unconscious process.
- C. You win the moment without taking any action.
- D. Your obsessions instantly dissolve away.
- E. You create choice where there was no choice.
- F. In the face of a strong message of threat, you decide not to treat it as a threat.





**14. As I described, in Moment 4, the amygdala will end up feeling confused. Which of these is not part of that explanation?**

- A. You've been telling it again and again that this is threatening. Now all of a sudden you're saying it's not a threat.
- B. It's built to protect you. It's going to continue to err on the side of caution. It doesn't yet understand that you're safe.
- C. You're trying to override a message that has been programmed into the unconscious. You'll have to repeat this process many times in order to retrain it.
- D. Even though you're applying the proper strategy, you're going to continue to stay anxious and uncomfortable. I want you to expect that and stick with the plan anyway.
- E. Your body and your unconscious mind both know that this is a threatening situation. They will always reject any attempt to control their responses. They don't know why you're making an effort to influence them.


**15. Ideally, what should you no longer experience in Moment 5?**

- A. paying attention to your obsession
- B. your urge to engage in your compulsion
- C. your continued feelings of doubt and uncertainty
- D. your distressing anxiety

**16. In Moment 6, which of the below interventions is best to use with any of these statements: "I don't know whether I dropped something back there." "I'm not certain if I'm a pedophile." "I'm not convinced that I locked the door." "I'm unsure about the details of that conversation."**

- A. Remind yourself that you do know and that you are certain.
- B. Don't allow those thoughts to pop up anymore.
- C. Remind yourself that lots of people have these types of thoughts.
- D. Drop the prepositional phrase.





**17. So, you applied our strategies, maybe a tactic or two, and you handled that obsessive moment or that urge to ritualize. However, within eight seconds, the obsession pops right back up again. How should you respond?**

- A. Want it!
- B. Freak out!
- C. You should feel disappointed in the strategies and discouraged about applying them in the future.
- D. You should get angry at yourself for not being stronger.

### ***Power Tactics That Push You Forward***

**18. Treating OCD is never, ever, ever about your theme. This work has NOTHING to do with your theme, your topic, your content. NOTHING! Your theme is completely, totally, absolutely irrelevant to the treatment. With this in mind, what do our characters need to treat as nothing?**

- A. Libby needs to treat her fear of locking the door as NOTHING.
- B. Sonya needs to treat her fears about her girls as NOTHING.
- C. Conrad needs to treat that momentary flash of doubt about his relationship as NOTHING.
- D. All of the above

**19. What was the most powerful action that Sonya took to aggress on OCD?**

- A. She used the same bath towel three days in a row.
- B. Instead of preparing her girls' lunchboxes, she allowed them to purchase their lunches at the school cafeteria.
- C. She purposely rubbed her hands over the kitchen counter and in the sink.
- D. All of the above



## **Tactics That Mess with the Pattern**

**20. Our goal is to modify your neurology. We need to change your mind. When you do this work, part of what you're doing is the neurological process that we call "reconsolidation."**

**What simile did I use to describe the function of reconsolidation?**

- A. It's like your phone installing a software update.
- B. It's like getting a haircut that trims what's no longer needed.
- C. It's like recycling to make new uses out of discarded vessels.
- D. It's like putting a jigsaw puzzle back together.

**21. Out of her discouragement, Libby moved into creative determination regarding her rituals with the car. What did she do?**

- A. She drove back to the mall and then slowly drove through the parking lot as pedestrians walked by.
- B. She returned to the neighborhood where she was having trouble, then moved her mirrors so that she could not see behind her. Then she drove three times through the neighborhood.
- C. She washed the car again, but then only rinsed the car down one time.
- D. She opened all the doors and the trunk of her car and then closed them all and immediately went into the house.

**22. In her first big win, Sonya followed the rules she created for herself the day before. As she is preparing the kids' lunches, she pulls the knives out of the drawer, opens the lids of the jars, spreads peanut butter and jelly on the bread slices, and puts the sandwiches into their lunch boxes. Then she goes to the sink and washes her hands thoroughly. Why was this a win?**

- A. She messed with her compulsive pattern.
- B. Remember her compulsive pattern? She messed with it.
- C. She took OCD's rigid pattern and messed with it.
- D. All of the above!



## **The Kind of Practice That Helps You Win**

**23. Three decades of research tells us the best way to develop skills and to develop them efficiently. What have they discovered? (Check all that apply.)**

- A. You don't have to be gifted, have some natural talent, or have special genes passed down to you.
- B. A good night's sleep is mandatory.
- C. Your brain can grow and change in response to intense training. Everyone's brain is adaptable. Yours, mine, everyone's.
- D. You need to continually push yourself to go just outside your comfort zone, every single time you practice. Create practices that make you feel a little awkward, clumsy, unsure.
- E. Your work is paradoxical. Want to do what you don't want to do.
- F. Develop your verbal cues and use them before, during, and after you practice.
- G. All of the above
- H. A, C, D, E, F

**Answers to the quiz are on page 37 of this Workbook.**