

Live Your Life with PASSION

Regardless of how beaten down by your OCD you may feel from time to time, you can live your life with passion. As you work on living with P-A-S-S-I-O-N, you can more easily make flexible decisions that lead to a life of vitality. You can make choices that are independent from your OCD. And you'll feel stronger and more satisfied in life.

P—Pause, Pivot, and Proceed toward what is important to you.

A—Accept your internal and external experiences as they show up.

S—Strengthen your stance: Stand tall, sternum lifted, shoulders back, and Step in the direction you want to go in.

S—Self-compassion practice and Self-care are fundamental.

I—Invite opportunities to practice exposure and open up to new experiences with curiosity, regardless of your discomfort.

O—Observe your thoughts, feelings, and sensations.

N—Now, stay present and aware of mental time travel to the past and future.