

# E&RP MOTIVATOR I-A: What Have I Lost To OCD<sup>1</sup>

## Instructions:

Most of the time when you think about your OCD, you think about your pain and all of the reasons that it feels necessary to give in to the demands of the OC Monster. The purpose of this form is to examine ways in which you have been hurt by OCD. **Do not include ways in which your OCD has hurt others** – there is another form for this. In considering what you have lost to OCD it is important to be detailed about the painful parts of this loss. For example, rather than saying it you could have more money, remind yourself of career and employment opportunities that you lost to OCD and how you felt about them. The categories below are just suggestions. Feel free to come up with you own. If you need to, use the back of this form or additional paper.

<b>Lost/Wasted Time:</b>	<b>Because of OCD, I've Missed:</b>
<b>Humiliating Experiences:</b>	<b>Because of OCD, I've Been Late To:</b>
<b>Financial/Employment Losses:</b>	<b>Damaged or Lost Relationships:</b>
<b>Guilt:</b>	<b>Other OCD Losses:</b>

<sup>1</sup> From *Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty* by Jonathan Grayson. Penguin-Putnam. NYC, NY. 2003.

# E&RP MOTIVATOR I-B: How Giving in to OCD Has Hurt My Loved Ones

## Instructions:

Most of the time when you think about your OCD, you think about your pain and all of the reasons that it feels necessary to give in to the demands of the OC Monster. The purpose of this form is to examine how you have hurt the ones you love by giving into OCD. In considering what you have lost to OCD it is important to be detailed about the painful parts of this loss. For example, rather than saying you have missed events, try to think about specific events and how your loved ones must have felt (e.g., the disappointment a child would feel because your actions made them late to an event). The categories below are just suggestions. Feel free to come up with you own. If you need to, use the back of this form or additional paper.

<b>Forcing Them to Ritualize</b>	<b>Hurt Them with My OCD Rigidity</b>
<b>Making Them Late or Missing Events</b>	<b>Ignoring Them Because of OCD Thoughts</b>
<b>Hurt Them with My Other OCD Demands</b>	<b>Ignoring Them by Withdrawing</b>
<b>Hurt Them with My OCD Anger</b>	<b>Other</b>

## E&RP MOTIVATOR I-C: My Rituals Don't Work Anyway

### Instructions:

No matter how much you ritualize, you can never really “fix” your OCD uncertainties. It is true that your rituals may make you feel okay, but this is because you allow yourself to be inconsistent. The more consistent you are, the more severe your OCD. The purpose of this form is to find the flaws in your rituals, even if such flaws don't bother you. The point is not to help you better ritualize, but to help you realize that for all of your pain, you don't even “get the prize.” **CAUTION:** If you aren't determined to learn to live with uncertainty, this form isn't for you.

Some examples:

- For decontaminating: Are you sure your clothes are completely decontaminated including shoes? Is every part of your car clean? Are others bringing in the contamination, so that the house is contaminated anyway? Regardless of what they claim, does your family follow your rituals when you aren't present? If you answer no to any of these, then your environment is contaminated, the fact you don't see or know about it is a convenient lie. What would you have to do to ritualize better? Why not admit that it is too late?
- If you only worry about your responsibility, why would you allow others in your family to take their own risks? If a danger is real, why aren't you responsible? Would you let your children shoot heroin? Then why allow them to take risks? What would you have to do to ritualize better? Again, the fact you don't see or know about it is a convenient lie. Why not admit that it is too late?
- Do my rituals make my feared consequences more likely to happen. For example: 1) do I check so much while driving, that I don't pay enough attention to the road; or 2) if I have religious obsessions am I acting like God by doing things like repeating a prayer as if God doesn't know what I mean?

Below provide the details of what you would have to do to truly be 100% certain that you can be safe from your OCD concerns: