

OCD: HELPING YOURSELF DAY TO DAY

AN ACTION PLAN

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4 POINT ACTION PLAN

- A: AIMS
- B: BACK TO BASICS
- C: CHALLENGING OCD
- D: DAILY REVIEW & REWARDS

A: AIM regarding your OCD

- To learn to **ignore** unwanted intrusive thoughts, images, feelings and urges through challenging myself to react differently to them until they no longer bother me or interfere significantly with my day to day life.

A: Aims for your life

What do you want your life to look like without your OCD?

What's stopping you from creating that now?

What can you do on a daily basis to work towards it?

Create an image of your future that will help motivate you to get through the difficult times and spur you on to challenge your OCD.

Aims: Vision for my life

Describe in detail how you would like your life to be if you were not being stopped by your OCD:

Prompts:

What would you be doing that you're not doing now? Where would you be living?

How would you be spending your weekdays? How would you be feeling?

What would you be doing at the weekends? What can you see around you?

What would you be achieving? Who would you be spending time with?

B: BACK TO BASICS

- 3 Primary components to helping yourself stay healthy and giving yourself the best chance of beating OCD
- DIET – 5 a day and minimise sugar
- EXERCISE – 10,000 steps & daylight
- SLEEP – approximately 8 hours regular pattern

C: CHALLENGING the OCD

ERP

(Exposure & Response Prevention)

D: Daily Review & Rewards

- Review checklist:

A. Aims: What did I do today to help me move towards my vision of the life I want?

B. Basics: How did I do on the basics?

Diet

Exercise

Sleep

C. Challenging OCD: What ERP Exercise did I do?

D: Daily review & rewards: How can I reward myself?

Daily Review:

Aims - Making my vision a reality

- What have I done today to work towards making my vision a reality?
- How did I feel doing this?
- How do I feel now that I've done it?
- What can I do tomorrow to continue making my vision a reality?

Daily Review: Back to Basics

- DIET:

- What did I eat and drink today?
- Did I stick to regular meal times?
- Did I get my 5 a day?
- Anything I could do better tomorrow?

- EXERCISE:

- Did I do my 10,000 steps or equivalent?

- SLEEP:

- Did I stick to my bedtime?
- Did I stick to my waketime?
- Did I have any naps?
- Roughly how much sleep did I get at night?

DAILY REVIEW: ERP

<p>ERP exercise for today: (what you are deliberately exposing yourself to in order to habituate to anxiety and learn to respond differently)</p>			
<p>Safety Behaviours to give up: (anything you do to reduce anxiety or risk prior or during)</p>		<p>Did I give up ALL my safety behaviours? (If not what did I do and why)</p>	
<p>Neutralising responses to give up: (anything you do during or after to try and make yourself feel better)</p>		<p>Did I stop myself from doing ALL my unhelpful responses?</p>	
<p>Prediction 1: Anxiety Level (How anxious you think you'll feel)</p>		<p>Outcome 1: Anxiety Level</p>	
<p>Prediction 2: Duration (How long you think the anxiety will last)</p>		<p>Outcome 2: Duration</p>	
<p>Prediction 3: Coping Ability (How well you think you will cope)</p>		<p>Outcome 3: Coping Ability</p>	
<p>Prediction 4: OUTCOMES (What you think will happen as a result of doing the exposure – e.g catastrophic outcomes)</p>		<p>Outcome 4: Did the catastrophic prediction occur?</p>	
<p>WHAT CAN I LEARN FROM THIS ERP EXERCISE?</p>			
<p>ANYTHING I NEED TO DO DIFFERENTLY NEXT TIME?</p>			

REWARDS

- Make a list of how you can reward yourself for sticking to your plan (even if it doesn't go as well as you'd like):

Review: Coping with setbacks

- What was my setback?
- How did it occur?
- What can I learn from the setback?
- Can I do anything to help this not happen again?
- REMINDER:
 - Setbacks are a normal part of the process.
 - Setbacks are an opportunity to learn and strengthen your skills
 - NEVER beat yourself up about setbacks!

SUMMARY

- BEATING OCD IN 4 STEPS:
- A – AIMS – HAVING REALISTIC AND CLEAR GOALS
- B – BACK TO BASICS – DIET, EXERCISE, SLEEP
- C – CHALLENGING OCD THROUGH ERP
- D – DAILY REVIEW AND REWARDS