

ADVANCED Psych Care

STOP OBSESSING

When I have repeating thoughts and fears I will do one or more of the following:

1. STOP OBSESSING

I can say or think "STOP" and snap a rubber band on my wrist, and then go on to another activity

2. BELLY BREATHING

I can sit and put one hand on the chest and one hand on the belly and breathe in and out while moving only to belly.

3. BELLY BREATHING AND TONGUE RELAXATION

I can sit and breathe from the belly while I relax my tongue. I know that by keeping my tongue relaxed, it will blank out my mind so I don't have to think and fear things.

4. POSTPONING WORRYING

I can decide to worry about something later. For example, I can decide to worry only between 3:00 pm and 4:00 pm every day.

5. MY WORRIES ARE NOT ME

I can realize that "I am not my thoughts." Even though I have disturbing thoughts, these thoughts are not who I am, they are just my OCD.

6. IGNORE MY WORRIES AND THOUGHTS

I can go on with my regular activities and ignore the thoughts and worries that pop into my mind.

STOP REDOING

If I feel I must redo or repeat an action, like screwing on a gas cap of the lawn mower or the car, I will ONLY DO IT ONCE and not redo it. If I feel anxious or worried after NOT REDOING it, I will do my relaxation techniques (belly breathing) or other stop obsessing techniques.