

Self-Talk for OCD

- This is just my OCD talking.
- I won't let OCD fool me into believing things that aren't true.
- I don't have to be superstitious: that's OCD thinking.
- I am in charge; not OCD.
- I will do my best to do as little OCD stuff as possible.
- I will let the OCD thoughts come and go, like watching cars on the highway.
- I will get to those OCD thoughts at dinner time, and do something else for now.
- Thoughts can't make things happen or stop things from happening.
- It's not up to me to prevent awful things: that's OCD thinking.
- Everyone has weird thoughts; if you don't let them upset you they eventually go away.
- I'm getting better and better at resisting my OCD.

How to Use It

- Have the child pick a few favorites and put on a card or slip of paper to be kept in the backpack, or wherever child is troubled by OCD; encourage decorating it/personalizing it
- Explain that people do not think on the spot when upset, so that's why you are providing this reminder card
- The card will be particularly useful when preparing for Exposure & Response Prevention (ERP) exercises, as described in March's book (see below)

**For further ideas on applying the above, please see "Talking Back to OCD" by John S. March, MD, on 'Books' page*