

Which processes are relevant for you?

So out of the processes we have described in this chapter (whether they are specific to OCD or not), which ones are most relevant to you for your most common obsessional thoughts or images? This is going to be important for you to be able to identify and label what you are doing with your own intrusive thoughts.

For example, Paul identified ‘intolerance of uncertainty’ and ‘responsibility interpretation’ and ‘intention’ as being most important for his OCD. Roz also identified intolerance of uncertainty and her tendency to ‘interpret ambiguous information as a sign of danger’ as important.

Try to reflect on which processes seem relevant to which of your obsessions and jot them down here:

1 _____

OVERCOMING OBSESSIVE COMPULSIVE DISORDER

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