

## *Now you try*

Try to summarise below or on a separate sheet of paper some of the developmental factors that have contributed to your OCD – perhaps some heritability with a family history of emotional disorder, feeling you were different or being bullied when you were a child. If the memories are vivid and distressing and seem to be linked to your obsessions, there

## OVERCOMING OBSESSIVE COMPULSIVE DISORDER

are some specific approaches such as imagery re-scripting or EMDR (eye movement desensitisation and reprocessing) that *might* be helpful to discuss with your therapist. Have some of these developmental factors contributed to specific motivations such as an increased sense of responsibility and behaviours you use to try to control your thoughts and feelings?

- a. Circumstances that have made me vulnerable to developing OCD (e.g., heritability; upbringing) and how these relate to my motivation to prevent harm or avoid threat or feelings like disgust:

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- b. Things that have triggered or shaped my OCD (e.g., bullying):

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WHAT CAUSES OCD?

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