

# BELIEFS THAT HELP OCD AND TTM

The more you understand that your obsessions, compulsions (OCD), or repetitive impulses (TTM) are not weaknesses, crazy, sinful, realistic, or signs of failure, the easier it is to change the beliefs you have that perpetuate your problem.<sup>1</sup>

**Directions:** Mark any of the negative faulty beliefs you have had about yourself or your problem. Then, identify the positive beliefs you would like to have about yourself, in spite of your current repetitive thoughts and habits.

Change Thoughts That Hurt into	...	Beliefs That Help OCD
— My obsessions, rituals, or impulses mean I am weak, crazy, bad, sinful, dangerous, or not trustworthy.	—	I have obsessions, rituals, or impulses because part of my brain gets blocked from stopping false thoughts from repeating.
— The standards I set for myself are necessary to be a good, decent, safe, clean, healthy, or an attractive person.	—	I am good, sane, moral, attractive, or safe even when I don't meet my (unrealistic) standards.
— I would be overwhelmed with anxiety if I attempted to stop my rituals or impulses.	—	I will survive any anxiety I feel from stopping my rituals and it will eventually subside.
— Thought, rituals, and impulses are signs that I am not getting better.	—	Obsessions, rituals, and impulses are opportunities to practice recovery techniques.

You may notice that when you are calm or not faced with a particular challenge, your positive beliefs seem valid. It will be harder to maintain them when obsessive thoughts or urges come. Therefore, it is important to practice your new set of beliefs every day to help them become part of a mind-set that promotes making actual changes.

Desired Beliefs				
<b>Directions:</b> Rewrite each of the positive beliefs you want to have in a way that addresses your particular problems. Then rate how valid the belief now seems to you (1 = totally false; 7 = completely true). Columns are provided so you can rerate yourself over time.				
		<b>Validity: 1–7 Points</b>		
<b>Examples:</b>	<b>Date:</b>	3/4	4/4	5/4
• I am competent even if I leave the period off the end of a sentence.		3	5	7
• I will survive the anxiety I feel when I don't act on an impulse to pull hair.		1	3	5
• When I use my fear of germs to pick up something "dirty," I heal myself.		3	5	6
• I can feel secure even if I throw away my collection of strings.		4	6	7
<b>Beliefs I would like to have:</b>	<b>Date:</b>			

<sup>1</sup> See *EMDR: The Breakthrough Therapy* by Francine Shapiro (Basic Books, 1997) for further ideas on how thoughts affect emotions.