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# ERP TIPS FOR OCD

- **Be prepared to feel uncomfortable**- a healthy mind is not made in comfort.
- **Structure**- it's important to know *how* OCD functions, all the clever ways it can sneak past you, and specific strategies that confront the heart of compulsions, which drive obsessional anxiety and disruption to life. Prepare and have a back-up plan.
- **Repeat in mixed contexts**. The strongest training requires going beyond one practice or context.
- **Varied**- challenge yourself to face varying levels of anxiety- and multiple situations.
- **Track** your anxiety level and urges to ritualize.
- **Attempt to not fight fear**- it only reinforces it.
- **Avoid subtle avoidance strategies**. These also reinforce fear.
- **Test negative predictions**. Real-life ERP experiments inhibit faulty/erroneous misappraisals when you experimentally reveal you *CAN* face your fears. How did you do? Did the worst thing happen?
- **Stick with exposures until your prediction has been tested experientially**. You are rewiring your brain for resiliency!
- **Practice alone!** Develop strength on your own, not just with others (therapist).

Adapted from: Abramowitz, J. S., & Jacoby, R. J. (2015). Obsessive-compulsive disorder in adults. Boston, MA: Hogrefe Publishing.



## Advanced Expertise for an Advanced Disorder

Those who suffer with or alongside OCD know how painful it is. The 'alarm system' in the brain that warns of danger is constantly being set off, playing on things you care about most and making it difficult to be successful at standing up to the compulsions/rituals that drive OCD. OCD is a disorder that is no joke. Learn how to fight back- and **get your life back**- with specialized CBT and ERP.

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