

Break OCD's Rules Transcript

[Female Speaker 1]

I don't let him get his way usually, like once in a while, I'll just have a rare occasion, but usually not. I'll usually just do what he doesn't want me to do.

[Male Speaker]

Armed with all of these tools now, and so many of OCD's secrets out in the open, we can really start taking him to school now. What we want to do at this point is to start mucking with all of OCD's different rituals and there is four main ways to go about this. Number one, we delay OCD's rituals for longer and longer periods of time.

[Female Speaker 2]

so even though I eventually do what OCD wants me to do, it doesn't mean that OCD won, because I didn't do it when he wanted me to do it. Even delaying at first for just one minute is really awesome, because this can be tough work.

[Male Speaker]

Number two, you want to take OCD's rituals and make them shorter and shorter.

[Female Speaker 2]

So for example, I don't count the money in my wallet as many times.

[Male Speaker]

Number three, you want to do OCD's rituals a little differently than he wants you to do them.

[Female Speaker 2]

So I could change the order of things or even interrupt what OCD wants me to do.

[Male Speaker]

Lastly, number four, you want to do OCD's ritual, but do it more slowly than he really wants you to do it.

[Female Speaker 2]

So for example, I could pay attention to all of the details that OCD wants me to pay attention to. That's like using the cultivating detachment tool. You know what, I find that these four ways of breaking down OCD's rules is really great for breaking down tough assignments.

[Male Speaker]

It is a really great tool, especially for just right OCD. Because you know what, galaxies won't explode and worlds won't collide just because a person doesn't feel right. No matter what OCD is trying to tell you. Now, just be careful when you are breaking OCD's rules that he is not being crafty and inserting a whole new ritual on you.

[Female Speaker 2]

So it's like, if OCD said it's okay to touch the table three times instead of nine, because three times three is nine.

[Male Speaker]

Yeah, that's right. Oh hey look! I'm Dr. Dunk, stick that tool in your toolbox!.

[Female Speaker 2]

Hey..

[Text at end of video]

Break OCD's Rules

Four ways to break OCD's rules!

- Delay rituals!
- Shorten rituals!
- Do rituals differently!
- Do rituals slower!

Use this tool to break down tough assignments!

Don't let OCD replace one ritual with another!