SanaPsyc

8 Expert Strategies for Managing OCD:

We know that coping with Obsessive-Compulsive Disorder (OCD) is challenging and requires ongoing care and action. Here are our top 8 suggestions for coping strategies that you may want to try to support yourself:
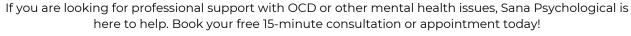
1) Remember: You are not your OCD. It's something that happens to you, it's not who you are. You may want to turn this into a self-talk statement:
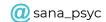
"I am not my OCD. This is something that is happening to me. It is not who I am."

2) Remember: You are a good person, even when your OCD tells you you're not. We suggest turning this into an affirmation:

"I am a good person!"

3) Life is full of uncertainty: Can I sit with it? The more you challenge yourself to do this, the more you are building bridges away from OCD thoughts and behaviours

4) Remember that acting on a compulsion might feel necessary in the moment but remind yourself that it's unhelpful in the long run.

5) **Check in** – "Am I acting on a compulsion? Do I need to? Can I pause and be mindful before acting?"

6) **Don't give the intrusive thought/obsession what it wants** – respond by being neutral and accepting. "I hear you and am choosing not to engage with you."

7) **Give your OCD a name/persona.** Every time it enters your mind, talk back to it! Call them out when they're lying to you. "I hear you (name) and see what you're trying to do but I'm not going to listen!"

8) **Remember – "If I give into a compulsion, I am not a bad person.** It's a learning for next time!"

Healing from OCD requires patience and takes time. These strategies may work better for you at some times than others, but hopefully, all of them will be available and beneficial to you.

If you are looking for professional support with OCD or other mental health issues, Sana Psychological is here to help.

Book your free 15-minute consultation or appointment today!

If you are looking for professional support with OCD or other mental health issues, Sana Psychological is here to help. Book your free 15-minute consultation or appointment today!

@ sana_psyc   sanapsychological.com   ✓ Accepting new clients