

OCD SESSION 2 COURSE WORKBOOK

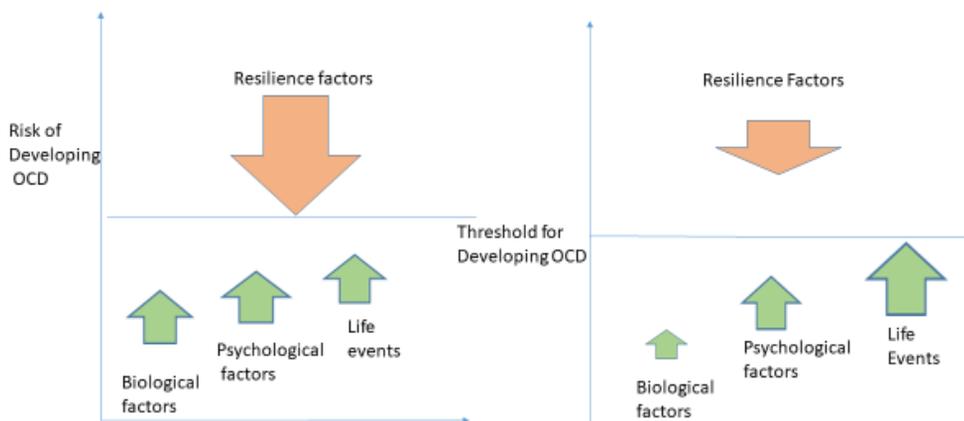


In this week's session, we looked at what might have contributed to the development of your OCD. Understanding your OCD can help to show you the way to overcoming some of the problems it causes. The more you understand about how it has developed and is being kept going the better you get at finding the right way to get out of the vicious cycle of OCD.

Why me?

- No simple answer
- It's complex and interlinked
- Different factors will be responsible for different people
- Vulnerability v's strengths
- We all have a tipping point and where it is depends on the above
- The stress vulnerability model can help us understand this

Stress vulnerability...



This model helps us to understand that our risk of developing OCD depends on the complex relationship between vulnerability factors and stress factors. A higher level of resilience can decrease the risk/provide protection whereas an increase in other factors including genetics, stressful life events and psychological predisposition can increase our risk.

We can start to improve our understanding of our OCD by developing our own vicious flower. Look at the questions below and consider your answers as you look at the vicious flower model.

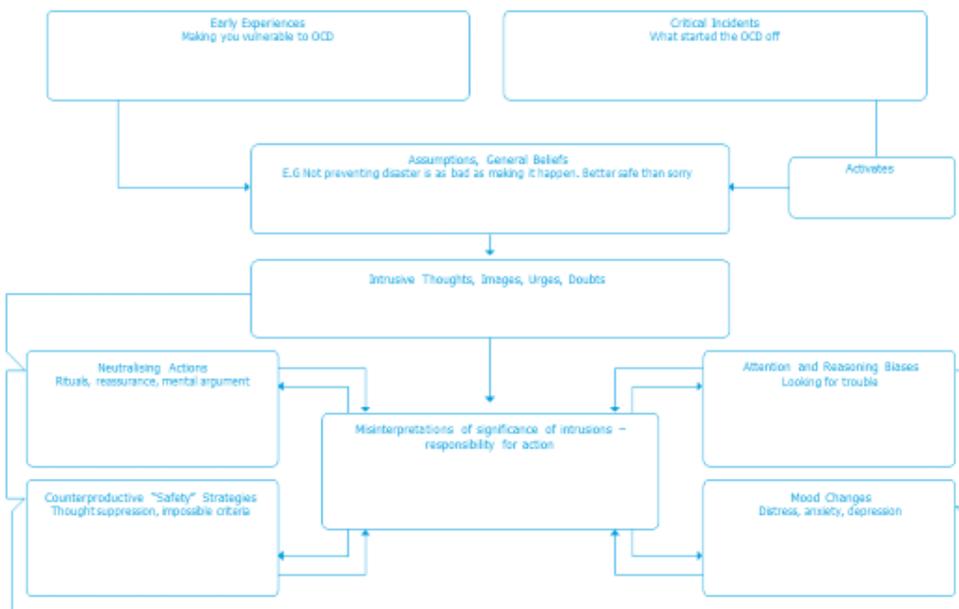
- It's natural to want to know why you have developed this problem, but the fact is you may never be entirely sure and some of the factors which could have contributed may have happened long ago before you were able to fully make sense of them
- It can be helpful to consider relevant experiences or ideas that appear to have had a role in this
- Ask yourself:
 - Was there anything that happened when you were growing up that could have made you more sensitive to the thought of bad things happening?
 - Consider these patterns:
 - Too much or too little responsibility for things
 - Experiences which left you feeling out of control e.g. being bullied, parents splitting up
 - Was there anything that made you think about the idea of being harmful to others e.g. accidentally hurting a sibling?



The Vicious Flower Cognitive Model of OCD

"The Vicious Flower" Cognitive Model of OCD

(Salkovskis, Forrester & Richards, 1998)





Above is the model with areas for you to consider and below is a completed example.

Early Experiences: any traumatic or difficult situations growing up? What are the experiences both positive and negative that have influenced who you are today? Were there any standout events which have influenced how you live your life/the standards or rules you set yourself.

If you struggle with the upper part of the model then start with the lower part which is about your day-to-day obsessions, compulsions, mood and beliefs. You may be able to work back from that. You can add to your flower over time, as you learn more about your OCD.

“The Vicious Flower” Cognitive Model of OCD
(Salkovskis, Forrester & Richards, 1998)



THERE IS A FILLABLE WORKSHEET AT THE END OF THIS WORKBOOK. YOU CAN BEGIN TO FILL THIS OUT AND ADD OT IT AS YOU PROCED THROUGH THE COURSE.

Values and Goals

Values are important in OCD for two reasons, they can drive the symptoms of OCD particularly if they are very rigid and stem from a place of fear. However, they also drive us in positive ways. If you value loyalty, then you might stick up for a colleague who is being mistreated at work. Reminding ourselves of our values can show us the way to managing our OCD. Scheduling activities which fit with our values instead of following behaviours linked to our OCD can be a helpful way to manage our OCD symptoms and keep us on track with our approach to overcoming OCD.

OCD and Values

Values are something we all have. They are not necessarily bad but can influence our behaviour in both positive and negative ways.

They are often laid down early in our lives and can guide our actions

Look back at you vicious flower, can you think what some of your values are based on your experiences and responses to things?

Brian:

I was often punished for "irresponsible behaviour" towards my younger brother. I know I now value doing the right thing by others as it was drummed into me to do the right thing for my brother growing up. I often worry that I've done something bad or irresponsible that will lead to something terrible happening.

Values and Activity

Often what we do is guided by our values

If I value health and fitness, I am more likely to exercise regularly

If I value my environment, I am more likely to recycle

If I value security I am more likely to have a pension for old age

If I value adventure I am more likely to travel

Values, Goals and OCD

If our goals are linked to our values we increase the likelihood of achieving them.

Goals can also provide us with the motivation we need to overcome our OCD

They keep us focused and on track



Setting Goals

Goal setting is important as it gives us a sense of direction and purpose in our lives which OCD has taken away.

- **Goals should be linked to your values (what's important to you?)**
- **Goals should guide your activities/plans**
- **Goals should be realistic**
- **Goals should be measureable**

Example:

What do I want to accomplish? (Link to values/what is important to you)	I want to spend more time with my friends
How will I measure my progress?	I will write down how much time I have spent with friends in the past week then I will know if I am increasing this over the next few weeks.
Is this goal achievable?	If I work hard to use the strategies learned on the course and I ask my family for support then I know I can do it although it will be tough.
Why is this goal important? (Linked to value of family) Is it realistic for me?	I miss my friends, I feel lonely at times and it feels like my OCD is winning.
When can I achieve this goal?	I am going to make a list of the things I could do with my friends and plan to start with the easiest one.



Task:

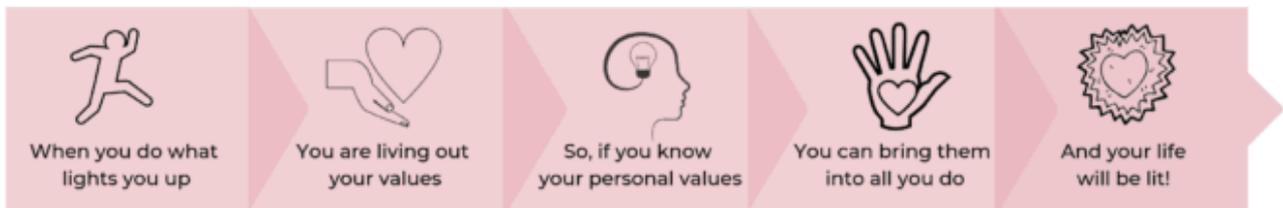
1. Try to complete as much of your vicious flower as you can using the fillable worksheet at the end of this workbook.
2. Think about how your values and goals. Use the worksheets on the next pages to help. If you are currently not having much value in your life, what do you think is causing that? Could it be that your OCD is taking time away from you being able to focus on activities linked with your values?
3. Continue to monitor obsessions and compulsions.



IDENTIFYING VALUES

Our values reflect what we find meaningful in life. They are what you care about, deep down, and what you consider to be important. Everybody's values are different, and they can change over time. They reflect how we want to engage with the world, with the people around us, and with ourselves.

Values are different from goals as goals can be achieved whereas values are more like directions that we want to head in. For example, we might have the value of being a good Mum or Dad and this may require a lifetime's effort. The specific achievable goal would be getting our children to school on time. We may also value our physical health and if this is the case a goal to achieve this may be exercising each day for half an hour.



Understanding your personal values helps you live an authentic, happy life!

<p>THE DOMAINS IN THIS GRID ARE SOME COMMON EXAMPLES OF VALUES. THERE MIGHT BE VALUES YOU THINK ARE IMPORTANT, AND OTHERS THAT DON'T MATTER SO MUCH TO YOU. THERE ARE NO 'RIGHT' ANSWERS.</p>			<p>Health / Physical wellbeing</p>
<p>Family</p>	<p>Parenting</p>	<p>Career / Employment</p>	
<p>Marriage / Couple / Intimacy</p>	<p>Friendships / Social life</p>	<p>Spirituality</p>	
<p>Recreation / Fun / Leisure</p>	<p>Citizenship / Environment / Community</p>	<p>Education / Personal growth & development</p>	

LET'S LOOK AT HOW YOU CAN IDENTIFY YOUR VALUES ...



Step 1: Identify the times when you were happiest.

Find examples from both your career and personal life. This will ensure some balance in your answers.

What were you doing?

Were you with other people? Who?

What other factors contributed to your happiness?

Step 2: Identify the times when you were most proud.

Use examples from your career and personal life.

Why were you proud?

Did other people share your pride? Who?

What other factors contributed to your feelings of pride?

Step 3: Identify the times when you were most fulfilled and satisfied.

Again, use both work and personal examples.

What need or desire was fulfilled?

How and why did the experience give your life meaning?



What other factors contributed to your feelings of fulfilment?

Step 4: Determine your top values, based on your experiences of happiness, pride, and fulfilment.

Why is each experience profoundly important and memorable?

You can use the list at the end of this document to see examples of common personal values to help you get started – and aim for about 10 top values. (As you work through, you may find that some of these naturally combine. For instance, if you value community, and generosity, you might say that service to others is one of your top values.)

Step 5: Prioritise your top values.

This step is probably the most difficult because you'll have to look deep inside yourself. It's also the most important step, because, when deciding, you'll have to choose between solutions that may satisfy different values. This is when you must know which value is more important to you.

Write down your top values, not in any particular order.

Look at the first two values and ask yourself, "If I could satisfy only one of these, which would I choose?" It might help to visualise a situation in which you would have to make that choice. For example, if you compare the values of service and stability, imagine that you must decide whether to sell your house and move to another country to do valuable foreign aid work, or keep your house and volunteer to do charity work closer to home.

Keep working through the list, by comparing each value with each other value, until your list is in the correct order.



Step 6: Reaffirm your values.

Check your top-priority values, and make sure that they fit with your life and your vision for yourself.

Do these values make you feel good about yourself?

Are you proud of your top three values?

Would you be comfortable and proud to tell your values to people you respect and admire?

Do these values represent things you would support, even if your choice isn't popular, and it puts you in the minority?

When you consider your values in decision making, you can be sure to keep your sense of integrity and what you know is right, and approach decisions with confidence and clarity. You'll also know that what you're doing is best for your current and future happiness and satisfaction.

Making value-based choices may not always be easy. However, making a choice that you know is right is a lot less difficult in the long run.



Accomplishment
Accuracy
Achievement
Adventurousness
Altruism
Ambition
Assertiveness
Balance
Being the best
Belonging
Boldness
Calmness
Carefulness
Challenge
Cheerfulness
Clear-mindedness
Commitment
Community
Compassion
Competitiveness
Consistency
Contentment
Continuous Improvement
Contribution
Control
Cooperation
Correctness
Courtesy
Creativity
Curiosity
Decisiveness
Democraticness
Dependability
Determination
Devoutness
Diligence
Discipline
Discretion
Diversity
Dynamism
Economy
Effectiveness
Efficiency
Elegance
Empathy
Enjoyment
Enthusiasm
Equality

Excellence
Excitement
Expertise
Exploration
Expressiveness
Fairness
Faith
Family-orientedness
Fidelity
Fitness
Fluency
Focus
Freedom
Fun
Generosity
Goodness
Grace
Growth
Happiness
Hard Work
Health
Helping Society
Holiness
Honesty
Honor
Humility
Independence
Ingenuity
Inner Harmony
Inquisitiveness
Insightfulness
Intelligence
Intellectual Status
Intuition
Joy
Justice
Leadership
Legacy
Love
Loyalty
Making a difference
Mastery
Merit
Obedience
Openness
Order
Originality
Patriotism

Perfection
Piety
Positivity
Practicality
Preparedness
Professionalism
Prudence
Quality-orientation
Reliability
Resourcefulness
Restraint
Results-oriented
Rigor
Security
Self-actualization
Self-control
Selflessness
Self-reliance
Sensitivity
Serenity
Service
Shrewdness
Simplicity
Soundness
Speed
Spontaneity
Stability
Strategic
Strength
Structure
Success
Support
Teamwork
Temperance
Thankfulness
Thoroughness
Thoughtfulness
Timeliness
Tolerance
Traditionalism
Trustworthiness
Truth-seeking
Understanding
Uniqueness
Unity
Usefulness
Vision
Vitality



SMART Goals

SPECIFIC

Be precise in what you want to achieve. Consider breaking the goal down into simple stages.

MEASURABLE

How will you know when you have accomplished your goal? What will you be doing at that time? What will others observe you doing? What will be different? What will you have begun to do or be doing routinely? What will you be doing less of or have stopped doing?

ACHIEVABLE

Ensure your goals are not too complex. Don't set yourself up to fail! Think about setting smaller goals on your way to the big one. Celebrate your achievements. If you don't achieve what you set out to, then ask what you could do differently, what would make it more likely to be a success next time?

REALISTIC & RELEVANT

Is this achievable and what resources I have? Are there any other resources you need before you can, or to help you, achieve your goal? How can you access these resources? What issues might you have? What can you do to reduce the likely hood of those issues?

TIME BOUND

Set a reasonable time limit to achieve your goal. 1 week, a month, 6 months, a year, 5 years?
Consider different (shorter) time limits for simpler steps.

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