

WHY IS IT HARD TO LET GO OF OBSESSIONS?



There are four things that makes it really hard for you to let go of obsessions:

- ◇ You have a reactive brain.

Even though it's uncomfortable, your brain is prone to over-react, over-respond, over-protect you, and over-prepare you when anticipating any possibility of a threat -obsessions count as a threat for you brain; although, that's a fake signal – an obsession is a thought and thoughts are letters, images, and words put together)



From the book "Living Beyond OCD
Using Acceptance Commitment Therapy:
A Workbook for Adults"
www.actbeyonddcd.com

- ◇ You don't like the fear, anxiety, or any yucky feelings that come with obsessions.

We don't have control of what we feel, how much we feel, or how intense our feelings are, but when having a reactive brain, your emotions also get amplified and magnified, and naturally, you do what you can to get rid of those feelings and bring them down.

- ◇ You're taking your thoughts too seriously and as absolute truths.

As much as we want, we don't have control of what shows up in our mind; our mind is constantly coming up with all types of content like hypotheses, theories, past thoughts, revengeful thoughts, fantasies, and so on. Our mind doesn't take a break and is active 24/7. There are thoughts that are important, relevant, and helpful to you, but the majority of them are useless and pure noise -obsessions are bizarre noise.

- Your brain is a pattern making machine. Your brain is constantly connecting everything with everything regardless of when it happened, how it happened, and where it happened. Our brains are continuously creating thinking patterns that also organize behavioral patterns.

