

THE TRILOGY THAT MAKES YOUR LIFE MISERABLE



Learning to watch what your mind is a key skill to live the amazing, fulfilling and rich life you deserve! Here the key takeaway points about how your brain works:

- Our brains are designed to protect us from dangerous, uncomfortable, and painful situations at all times; whether those dangerous signals are stuff happening in our surroundings or are internal experiences we're having, that doesn't matter for the brain; our brain will jump in a fraction of seconds to make sure we don't get hurt, and if you have an overactive brain, it means that your



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

brain is jumping and jumping almost all the time.

- When the pattern generator machine of your brain throws all types of bizarre thoughts, and you perceive them as a threat, of course you're going to do anything in your power to neutralize them.

Here is the trilogy that makes your life miserable:

- (1) Behaving compulsively
- (2) avoiding triggering situations,
- (3) And, holding on with white knuckles to ruling-thoughts about how to handle fearful moments, what you can or cannot do, what obsessions mean, or how you should handle a compulsion, are very common behaviors when dealing with an over-reactive brain that generates hundreds of obsessions.

