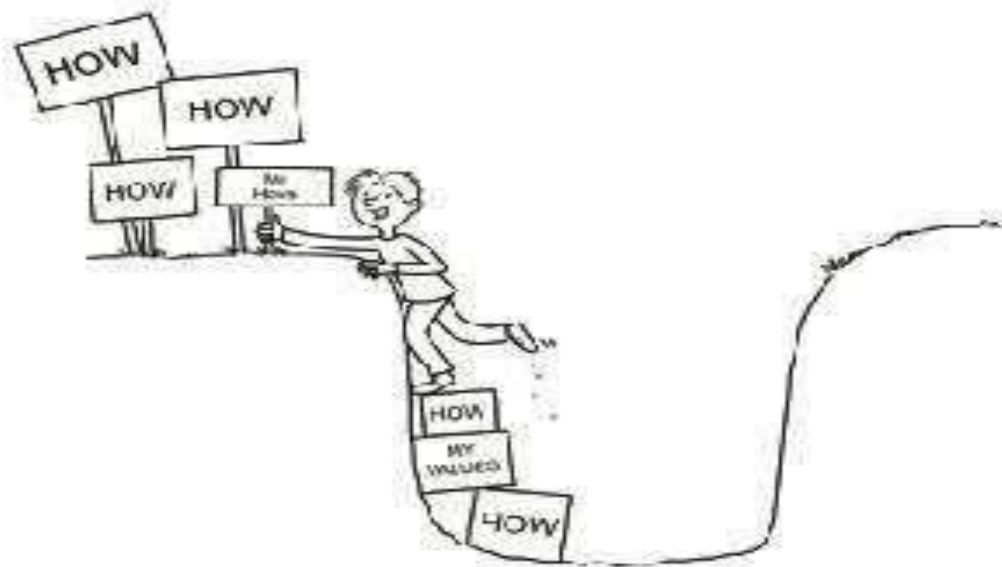


WHAT ARE THE MOST COMMON RULING-THOUGHTS YOU NEED TO PAY ATTENTION TO?



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

- The most common ruling-thoughts you need to be pay attention are:
 - ◇ I can't handle it!
 - ◇ I need to know, for real
 - ◇ If my obsessions are repetitive, that means they're important
 - ◇ I have to do something about this obsession, right now!
 - ◇ Because I think about it, it means I want to do so!
 - ◇ I need to make sure I don't have weird thoughts,
 - ◇ My obsessions are so scary that I know they're dangerous
 - ◇ No one has weird thoughts, so something is off with me
 - ◇ I think, therefore I'm
 - ◇ Because I think so, it makes me so
 - ◇ Not doing anything about it, it's the same as causing it.

