

When dealing with fears, anxieties, worries, and obsessions, it's quite likely you may have organized your actions around those thoughts. Moving forward, I'll refer to those thoughts as ruling-thoughts.

Do your best to catch them and ask yourself "how do I want to respond to this ruling-thought?"

What's the ruling-thought you're holding onto  
and what are the behaviors associated with  
it?

Ruling-Thought #1:

I need to know, for real.

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Ruling-Thought #2:

If my obsessions are repetitive, that means they're important.

Ruling-Thought #3:

I have to do something about this obsession  
right now, right here.

Ruling-Thought #4:

Because I think about it, it means I want to do so.

Ruling-Thought #5:

I need to make sure I don't have weird thoughts.

Ruling-Thought #6:

My obsessions are so real, that “I know they’re dangerous.”



Ruling-Thought #7:

No one has weird thoughts, so something is off with me.

Ruling-Thought #8:

Because I think so, it makes me so.

Ruling-Thought #9:

Not doing anything about it, is the same as causing it.

Ruling-Thought #10:

I can't handle it.