

**CASE STUDY FOR EMDR WITH OCD – PRODUCED BY OCD-EMDR.COM – ONLY TO BE SHARED WITH PERMISSION**

Balanced understanding that thoughts are not facts – don't act on urges  
 Past experiences of handling situations

Being present/ acting towards values  
 Positive roles they have held  
 No history of harming others with ill intention

AIP →

Failure in AIP ↓

**Formative Experiences**

**Influential factors on belief formation /Past/trauma**

Uncertainty in environment / Worry + Rumination (modelled)  
 Punishment / high expectations / need to be good / perfect / 'have pure thoughts / intentions' / Shamed  
 Excessive responsibility / parentified/ enmeshment  
 Emotion regulation / suppressing emotion – learning about emotions / intolerance of emotions / lack of soothing system / sensitive / empaths  
 Birth trauma  
 Developmental trauma. Attachment ruptures/ wounding with consistent lack of repair  
 Adverse experiences/ critical incidents / traumatic experiences  
 Attachment – who did they go to when upset – who co-regulated with them?  
 Superstitious / magical thinking.  
 Thought Action Fusion  
 Low self-esteem/self-compassion

**Triggers**

Intrusive thoughts / images / urges / doubting  
 Making mistakes  
 Doubting  
 Stress and increased responsibility  
 Interpersonal challenges  
 Guilt  
 Shame  
 Anxiety  
 Anger  
 Loneliness  
 Disgust  
 Uncertainty/ 'What ifs'?

**Intrusions / Beliefs / Appraisal of intrusions**

If I think it, it will come true / I'll lose control / it must be what I desire / it would be irresponsible not to act to prevent / thinking bad thoughts is as bad as doing bad things / I should be able to control my thoughts. I need to avoid thinking / imagining bad things or they will happen. It's irresponsible not to check. What if ...? Inferential errors

**Negative Cognitions (NCs)**

Responsibility: It's my fault; I'm responsible (eg. for how others feel)  
 Control: I'm not in control/ powerless/ helpless  
 Safety: I'm not safe; I'm in danger; It's not safe to feel/ show my emotions  
 Self-defectiveness: I'm bad/ unlovable/ not good enough/ I don't matter

**Compulsions / Rituals / Neutralising / Avoidance / Safety seeking**

(Drive system (CFT) attempts to regulate emotion)

This can be anything – an attempt by 'OCD Parts' to avoid feeling out of control – to try to regulate through action and avoid feelings

**Outward behaviours:** eg. decontamination; checking; magical/ undoing compulsions; perfectionistic compulsions; counting; touching/ movement; arraying; hoarding; grooming etc. **Internal/ mental compulsions:** eg. reassuring self-talk/ mantras; thought suppression/ substitution; analyzing; checking memories; rethinking thoughts etc

**Future / PCs**

Thoughts are not facts  
 Improve regulation to process anxiety / shame / guilt / sadness/ anger  
 Have intrusive thoughts without distress. Living with uncertainty  
 Act toward values  
 Pleasurable activity  
 Feel the fear and do it anyway  
 Accept self / situation / thoughts  
 Self-compassion  
 Present focus / mindfulness

**Positive Cognitions (PCs)**

I can control what's in my control/ what I can  
 I'm okay as I am  
 I can make mistakes and learn from them  
 I'm responsible for me/ I can recognize appropriate responsibility  
 I'm safe / survived  
 I can feel and be okay/ I can safely feel & show my emotions

