

Balanced understanding that thoughts are not facts – don't act on urges
 Past experiences of handling situations
 No history of harming others with ill intention
 Emotion regulation

Being present/ acting towards values
 Positive roles they have held

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 (NC)

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 the 'OCD Part' 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

