

Form II: Downward Arrow Events¹

Instructions:

To fight the OCD enemy, you not only have to remember why you are taking the risk of getting better, but you have to know what risk or risks you are taking. In this handout imagine confronting one of your OCD triggers and not ritualizing. Walk the image path of the awfulness – that is, describe as realistically as you can the worst consequences you will have to suffer. Then record which rituals you use and which functions they serve (see Analyzing Your OCD Cheat Sheet).

1.

2.

3.

4.

5.

	Rituals Used	Functions
1		
2		
3		

Feared Consequences:

Giving Up My Rituals Means:

¹ From *Freedom from Obsessive Compulsive Disorder: A Personalized Recovery Program for Living with Uncertainty* by Jonathan Grayson. Penguin-Putnam. NYC, NY. 2014.