



# OCD: Sayings to Keep You Sane!

Obsessive Compulsive  
Disorder Anonymous

# Ocd Sayings To Keep You Sane Reminders Affirmations And Slogans



**Affirmation Blueprint**

## **Ocd Sayings To Keep You Sane Reminders Affirmations And Slogans:**

**OCD: Sayings to Keep You Sane!** Christian R. Komor, 2013-04-03 Statistics suggest that even with carefully targeted medication and cognitive behavioral therapy a substantial percentage of patients do not receive substantial relief from symptoms. It becomes important then to develop technologies for long term self care and lifestyle management. One such tool is the use of daily meditations, reminders, sayings, and slogans. These reminders can help us to separate ourselves from obsessional thoughts and learn to disbelieve them. Like a refreshing splash of cold water or a friendly tap on the shoulder, they remind us that thoughts are just thoughts and need not control our reactions. And meditating on slogans or sayings can also have other benefits. Meditations and affirmations can also act as reminders of skills that one is developing through the exposure and response prevention behavior therapy process. They can reduce feelings of isolation, reminding us that we are not alone in our fight against obsessions and compulsions. They can assist us in generating hope that recovery from OCD is possible and remind us of active steps we can take to better our situation. They can assist us in developing and embracing new perspectives on living without the illusory protection of anxiety-reducing rituals. They can assist in keeping a steady pace in the recovery process, a process that is won by continual gradual progress resulting in very real change in the brain. But most of all, slogans, sayings, and reminders can assist us in separating ourselves from the lies and deceptions fed to us by our OCD mind. They help us to take a step back and examine our obsessional thoughts in the cold light of day, punching holes in the lies of OCD. With their help, we can drive a wedge between the obsessions and our REAL thoughts and beliefs. And so contained within this small but powerful book are dozens of the most helpful sayings that have emerged through thousands of interviews conducted by the OCD Recovery Center. Choose several and carry them in a wallet or purse for ready use when OCD strikes. Post them up in key locations around the house. Say them to yourself quietly as you confront an obsession and struggle to refuse a compulsion. This book is copyrighted, but the sayings contained within are for you to use on your journey of recovery from OCD. Use them freely and where you feel most need.

**40 Affirmations for OCD - The Diary Affirmation Blueprint**, 2019-12-04 This book contains 40 Affirmations to help you deal with the compulsive thoughts and reactions. Quick 5 minute tracking exercises so you can track the compulsions and how you reacted to them. Self reflection pages. Notes.

Growing up I have found myself struggling with strong compulsive thoughts and behaviours. They usually come in waves. I have periods of time where the thoughts are weak and I am able to ignore them. Other times the compulsions and emotions are so strong and virtually impossible to ignore. Throughout these struggles I couldn't help but notice a lack of thought and emotion tracking books on the market. Through some of my darkest times I would have loved to have known that I do not need to feel this way. To have a little diary I can take around with me to separate the thoughts from myself and to get them onto paper. I have been told all of my life that OCD is something that will stay with me forever, but I wanted to challenge that. My self-improvement journey has opened my eyes to the world of Affirmations. These beautiful little things have had such an

incredible impact on my life and helped me believe things about myself I never would have believed beforehand 40 Affirmations for OCD The Diary has been created as a book of reassurance for those struggling with negative thoughts and emotions compulsive behaviours and for those feeling like they have a lack of control over their mind Sometimes it just really helps to get out of your head and onto paper what has been bothering you the thoughts lose their power and you are able to rationalise The process in this book provides you with the tools to reassure track and to create new thought patterns which you can forever refer back to when the inevitability of the OCD strikes again Over time with practise and new habits being built internally the OCD will lose its power It is not in control of you I have been able to silence my OCD over time and I want you to know that you can too You CAN find peace in your mind and heart and I hope that this diary can change your life like methods in it have changed mine PLEASE NOTE If you have purchased the OCD Workbook the affirmations are the same as the ones in this book the processes just differ 40 Affirmations for OCD Affirmation Blueprint,2019-12-04 This book contains 40 Affirmations to help you change your beliefs about your relationship with yourself and OCD Workbook layout to guide you through the process of combating OCD 5 minute exercises for busy people who need instant help Self reflection pages to track your journey Note pages for you to use as you please This journal is designed to help you deal with OCD outbreaks compulsions both short term and long term with simple quick exercises and is based on techniques that have successfully worked in my own journey So if you want to learn how to manage your OCD then this book will provide a very simple process to help you combat the debilitating effects mentally and emotionally You CAN gain power and control over your thoughts emotions and reactions You CAN be free from this disorder Have confidence in yourself and the process

*The 100 Most Powerful Affirmations for Ocd* Jason Thomas,2018-03-09 Give a Gift That Will Change Your Life Forever Give Yourself or Someone You Love The Gift of Affirmations You will not achieve fulfillment and happiness until YOU become the architect of your own reality Imagine that with a few moments each day you could begin the powerful transformation toward complete control of your own life and well being through positive affirmation Because you can You will be able to release all fear and doubt simply because you know that you can Utilize this simple proven technique to regain the lost comforts of joy love and fulfillment in your life You have the ability to unlock your full inner potential and achieve your ultimate goals This is the age old secret of the financial elite world class scholars and Olympic champions For example when you watch the Olympics you ll find one consistency in all of the champions Each one closes their eyes for a moment and clearly affirms visualizes themselves completing the event flawlessly just before starting Then they win gold medals and become champions That s merely one example of how the real power of affirmation can elevate you above any of life s challenges Life is too short to be exhausted on thousands of everyday anxieties and fears Sadly the average person will get to the end of their life and realize that more than half of it was spent struggling with these kind of problems Because they didn t know what to do many of these people never found any satisfaction in life You can and will become bigger than those

struggles by enhancing the energy that already flows within you Too often people are held hostage and limited by a cycle of negative thinking and pessimism This kind of thinking creates a streak of what many choose to call bad luck I have good news for you There is no such thing as bad luck This phenomenon is merely a cycle of negative affirmation that must be broken and mended with a fresh regimen of positive affirmation and vision By repeating and remembering these affirmations in times of difficulty we transform our rigid affirmations of defeat and intimidation into warm confident manifestations of the world as we choose it to be Get what you want and desire from the world like millions of others around the globe using affirmations You already possess the power to assert your own perceptions and transform your thoughts and desires into reality By using positive affirmations daily you will unlock that natural potential inside of you If you want to see positive change now you ll find the quickest path to fulfillment with positive affirmation and visualization There is no time to spend on loss negativity and defeat when you can be achieving tangible historically proven results with minimum time and effort invested There is no limit to changes that can be made through the power of creating truth with affirmation Read This Book To Change Your Life Today Also available in Ebook Format

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- 1 Achieve goals
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- 4 Reduced negative thoughts
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- 6 Find inspiration

Studies find that the words we choose do matter which is why a positive affirmation can help you combat stress anxiety and self doubt To overcome negative thinking and self doubt write a positive affirmation everyday

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