

THE LOOP TAPE

In the same way as we can capture the obsession within the Three Column Technique, we can use a Dictaphone, and record ourselves speaking out the obsessive thought, exactly as we hear it in our minds.

Again, don't try to reason with it, rationalise it, neutralise it or argue with it.

Simply record it on tape, exactly as it is.

Now, when your obsession strikes, or at a set time each day, play the tape to yourself on headphones. Turn the tape into a loop, so that you hear it over and over again. This sounds crazy, I know, but what it actually does, is to expose you thoroughly to the obsession. Instead using lots of energy and getting exhausted, trying to push the obsession away, (which only feeds the fear), invite it to come at you full force.

Don't be afraid. It cannot hurt you. What will happen is that you will actually get bored of hearing it! Your sensitivity to the fear will begin to dissipate, and it will lose its hold over you.

Here is one of the loops I used to listen to. (Before you begin, take long deep breaths. Picture the door to a cage opening, and see yourself stepping outside. Now turn on the tape).

"In checking the toilet last Tuesday, I got something wet on my hands. I now blame myself for this, and feel that I have caught Hepatitis. I have caught Hepatitis from touching the toilet seat in the hospital. I am a careless stupid person."

I knew what was at the root of my contamination fears. I knew that my past experiences and lack of self-belief were to blame. So, I let go, and let the obsession take centre stage. After ten minutes of listening, I had to switch it off. It was getting on my nerves and I wanted to go and do something else!

SUCCESS! My fear of contamination had been a constant shadow over my whole life; this was in no way a small fear. It had eaten away what should have been creative and productive years. I can tell you that the combination of these techniques helped me to win the battle.

Just realising that you have a disorder, and that you are not to blame and can fully trust your own judgement is the way forward. Yes, it takes time and hard work, but doesn't OCD?