

ROCD

Acceptance Script



I accept that I have ROCD and this results in the following obsessions (thoughts).

Write in Your Thoughts

When I get these thoughts, I react by doing the following

List what you do - e.g. analyse your relationship, seek reassurance, check up on your partner, find fault with them.

Even though I may feel anxious, I am absolutely certain that if I carry out compulsions, that I feel worse

Instead, I choose to do the following

eg a mindfulness exercise, focus on my breathing or carry on with what I was doing

I choose to radically accept my thoughts as I want to get my life back. I want to be able to do the following

e.g. enjoy my relationship.