

OBSESSIVE-COMPULSIVE CREED

Today I am going to help myself by confronting uncomfortable situations, and discontinuing my rituals, for avoiding and ritualizing will only hurt me.

Today I will make an effort to expose myself to situations or objects I found difficult dealing with yesterday, for each day I do so, I move one step closer to my goal.

Today if I slip, I will immediately re-expose myself to the upsetting object or situation, for confronting a fear is the only way to overcome it.

Today if I find it hard to cope with my fears, I will call a friend, because encouragement and support always helps.

And last of all, I will try to keep in mind, that if I try just a little harder today, I will make living a little easier tomorrow.