

JEFF BELL'S "GREATER GOOD PERSPECTIVE SHIFT" OVERVIEW

THE DEFAULT FRAMEWORK

- Because on OCD sufferer's world is black and white, so too are the "default" choices he/she weighs.
- These default choices are typically framed as "right" vs. "wrong" or "good" vs. "bad" ... based not on their inherent value, but rather on their OCD repercussions.
- As seen through the distorted lenses of OCD... "good" choices are those that reduce fear and alleviate doubt; "bad" choices are those that increase fear and introduce doubt.
- Because compulsions (temporarily) reduce fear and/or doubt, they are almost always seen as "good" choices.
- Logic has little value in re-framing these "good" and "bad" choices...and can, in fact, lead to mental compulsions.
- Within this Default Framework, decisions are based on two motivators: FEAR and DOUBT

THE GREATER GOOD FRAMEWORK

- An OCD sufferer's world remains black and white in this (and any) framework, and therefore his/her choices remain limited to two distinct ones.
- This framework acknowledges the perceived (though distorted) "good" of acting on compulsions.
- This framework also introduces a "greater good" choice—one that serves purposes larger than OCD and tends to benefit others and/or enhance one's own sense of purpose.
- Within this Greater Good Framework, decisions are based on two motivators: PURPOSE and SERVICE.

SHIFTING FRAMEWORKS

- While an OCD sufferer's decision-making is always between two distinct choices, he/she IS capable of replacing one choice with another one.
- In shifting from the Default to the Greater Good Framework, an OCD sufferer reframes an (OCD) unacceptable "bad" choice as a "greater good" choice.
- This shift also replaces the Default decision motivators (fear and doubt) with the Greater Good decision motivators (purpose and service).
- Because "purpose and service" tend to trump "fear and doubt" as human motivators (my contention!!)... this framework shift serves to lead OCD sufferers to far more productive decisions.