

Non Engagement Responses



These statements are designed to help you disengage from rumination and OCD loops. Keep this sheet handy as a quick reminder. You don't need to fight your thoughts—just choose not to engage.

Not doing that right now.

That's an OCD thought.

Maybe it happened, maybe it didn't.

I'm allowing this thought to be here without fixing it.

That's not a problem I need to solve.

I notice that urge to think more, and I'm choosing to let it be.

If it did happen, I'd find a way to cope.

Hard things can happen, and people manage them—including me.

I don't need to solve this now. If it comes, I'll handle it then.

Right now is for living, not ruminating.

OCD doesn't get to run this moment, I do.

The thought can be here, but my attention is here too.

I know what this is, and I'm not giving in.

I get to decide what I do, not OCD.

I choose freedom over reassurance.

The discomfort can be here; I don't need to fix it.

Doing nothing is doing something.

Better things to do than play tug of war.

Tips for Using Non-Engagement Responses

Say them gently but firmly, either silently or aloud. Expect discomfort at first—this is a sign you're breaking the OCD cycle. Practice daily until it becomes second nature, every time an urge to ruminate comes up, smash it back with a non-engagement response and go back to what YOU want to be doing, not your OCD (Pair it with an activity or a task – what would you rather be doing right now??).