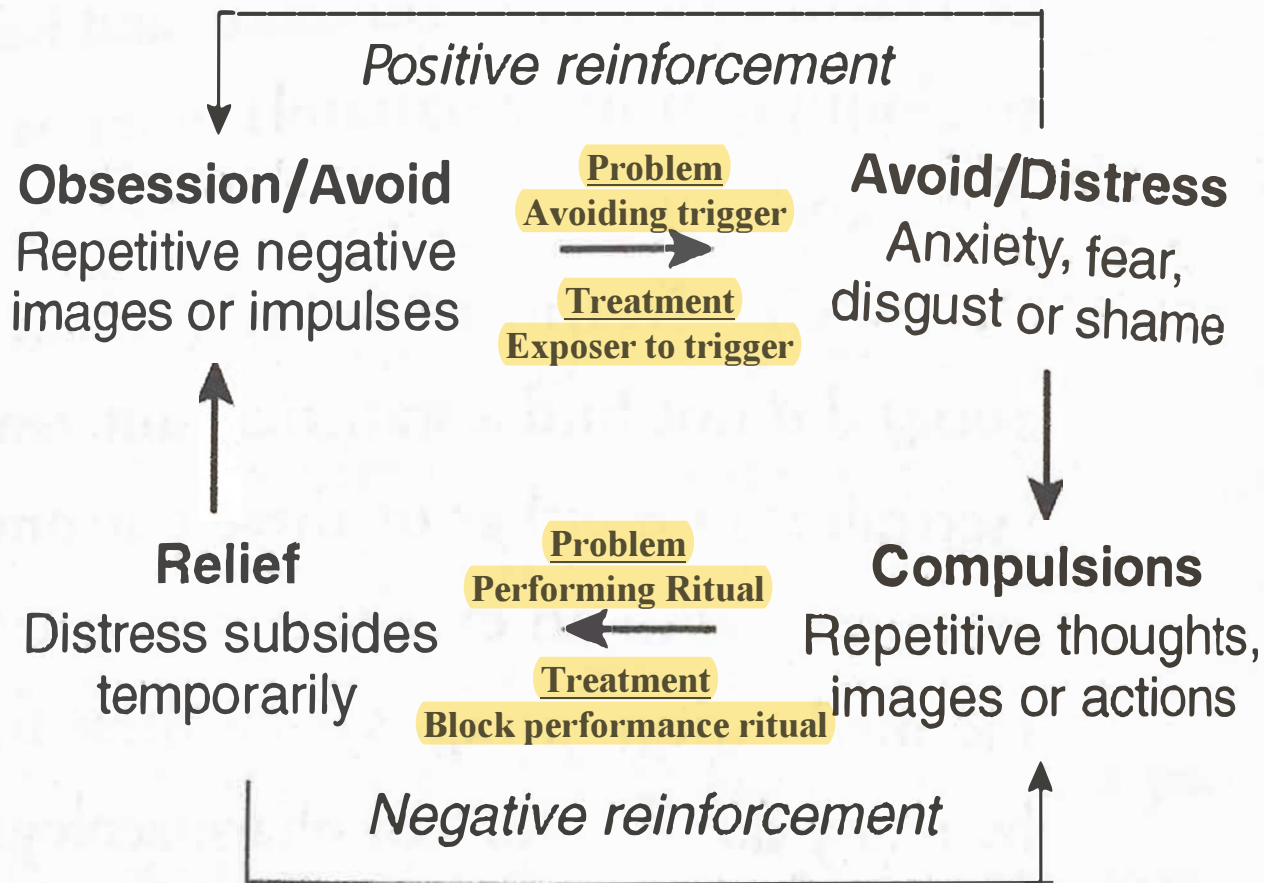


The OCD brain obsesses on avoidance of distress trigger(s) in the environment. The obsessive avoidance gives a sense of control, mastery, or safety and makes brain/body feel comfortable, clean, calm, conflict free, focused and not distracted by "threats" at home.

The obsession prevents brain from feeling, "dirty, disorganized, or defeated" and blocks intrusive thoughts, "I feel dirty, disorganized, or defeated." Avoiding unpleasant distress experiences rewards the brain's obsessive avoidance thus decreases the brain's power to tolerate the triggers. Treatment therefore targets the brain's ability to increase tolerance when exposed to triggers.



Brain/mind repetitively demands, "I need to wash, straighten, stop, start, etc.," when distress triggers, "I feel dirty, disorganized or defeated."

The idea "I need to do ____" directs/shifts the brain/mind's attention to action/activity/ in order to stop the directive (nagging voice), "I need to ____." The action gives relief and reinforces or validates the compulsive solution, "I need to ____," as a quick fix but reinforces the "I need to ____" idea as the only valid response to distress. Treatment therefore targets the compulsive behavior by blocking it to decrease the intensity of belief in the compulsive "I need to ____" response.