

1. you are **not** crazy
2. with the right help life can be **good** again
3. you have not changed into a "**different person**"
4. **OCD** is not the monster you think it is
5. you are a **good, sane, intelligent** person, you just have OCD
6. the discomfort you feel is **anxiety**
7. anxiety is **harmless** - it just feels bad
8. **don't stay there** locked in the thoughts, move around, do something, **refocus**
9. if you are trapped by a ritual, remember, you are doing it **because** you have OCD, not because your worst fear will actually happen
10. being trapped by OCD is a **choice**, make the right one and get some help as soon as possible



*please note: the above advice will complement but not replace good therapy*