

Holidays with OCD

Holidays with OCD can come with pain and struggle. They can also come with values!

For instance:

I value that I get to see people I love AND I know I will have intrusive thoughts about them.

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| <p>Some PAINS you anticipate coming up during the holidays:</p> | <p>Some VALUES you anticipate coming up during the holidays:</p> |
|--|---|

We don't get to choose to just have the value without the pain- instead we can choose to hold both.

Will you choose to practice accepting both sides? _____

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There are parts of that pain we simply get to learn to accept. We don't have to like them but we can acknowledge their presence without trying to change them. An example of this is intrusive thoughts.

There are other parts of the pain we CAN make steps to change. An example of this is compulsions or boundaries with family members.

The secret comes in learning which is which.

| Some areas to work towards accepting without changing: | Some areas I CAN change or impact: |
|---|--|
| <i>Intrusive thoughts</i> | <i>Compulsions</i> |
| <i>Emotions that come up</i> | <i>Physical boundaries I set with loved ones</i> |
| <i>Being around triggers</i> | <i>Pushing myself to spend less time alone</i> |
| <i>Change in routine</i> | <i>Taking breaks to remember the value side</i> |
| | <i>Planning exposures</i> |

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What are some of the triggers you anticipate?

Given these triggers, what are:

| | |
|--|--|
| <p>Some areas to work towards accepting without changing:</p> | <p>Some areas I CAN change or impact:</p> |
|--|--|

Things to Remember

This is my holiday, not OCD's.

There is no right or wrong way to feel about the holidays, whatever comes up is valid.

I didn't ask for OCD on my wishlist so I will be compassionate and accepting as I challenge it.

Ritualizing won't make me feel better about how this holiday went

I would encourage someone else with OCD in my situation to ...

The values go hand in hand with the pains.

I can only control _____, not _____.

I have handled difficult days before.

How can you keep these sentiments in mind this holiday?