

# Client Exercise Sheet 11

## The Real Self

Note a series of everyday actions you performed today:

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Now can you recenter the actions to infer the quality each of these actions requires:

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So putting all these attributes together . . . *who are you?*

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### Feeling Who you are

There are a number of sources we refer to in order to know who we are. Obviously our selves and our observations of our performance in activities are two sources. But as we noted previously, knowing and recognizing our real feelings are other sources. OCD is very good at convincing you to not trust your senses. You can end up doubting if you really feel an urge to do something or not. This is because the doubt intercedes and disrupts the line of communication. An important part of knowing who you are is accepting your feelings and desires. This means you need to recognize when you have a real intention, inclination and desire for something. Avoid reflecting on what you might or could have felt. Your real desires are you, not OCD, in the same way you now know that your real activities and accomplishments are you, not OCD.

## Exercise

Whenever you are doing an action, slow down and identify your real feeling and desire in that situation.

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How does this real desire, intention or feeling, correspond with what OCD says you might be?

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Write an autobiography of yourself emphasizing your accomplishments and positive achievements in life. (Try 500 words to start with)

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Think what you would need to have done to become your OCD feared self.

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Is there any chance of you really being your OCD feared self?

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## The Self and Others

Another source of reference as to who you are is other people. But here you must be specific in your questions. Ask your partner or your best friends what are your qualities. You can prompt them if you wish with suggestions. But usually they will volunteer traits on their own. After all, if they are friends, they must see something in you that they like. There will probably be a tendency for them to be on the kind side, so you must ask several sources and ask for examples to back up the traits.

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How do these observed traits match up with the OCD self?

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Finally, it is important to list your own dearly held values and principles in life. It's true that we don't always live up to our ideals. But they constitute a part of ourselves and our understanding of who we really are.

My values are (e.g. honesty):

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My goals in life are (e.g. to be a good friend):

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My principles I try to live by are (e.g. respect people):

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Now again compare how these qualities relate to what the OCD would say you are capable of:

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Viewing yourself in a nondistorted mirror  
What are my strong points?

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What do others say about my particular unique qualities?

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For what situations, activities or tasks do others thank or congratulate me?

In the home: \_\_\_\_\_

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At work: \_\_\_\_\_

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In personal relations: \_\_\_\_\_

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At leisure: \_\_\_\_\_

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All together, I can say I possess the following positive qualities: \_\_\_\_\_

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## A Varied Life

I fulfil a number of roles in life:

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Fulfilling these roles makes me proud of myself:

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In the past, I have overcome a number of challenges due to my abilities:

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In the future, I can see myself continuing to cope and accomplish what I wish:

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This is my self and I'm proud: I have the right to be seen, treated and respected as the person I really am.

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It is important you receive feedback from friends and from yourself reinforcing your newfound real self. This means literally going out and being yourself and observing and accepting the benefits. It is important you make time to do activities you enjoy and carry out activities which interest you and stimulate you. Not only do these activities give you pleasure, but also they will reward you and increase your self-confidence. Automatically, if your self-confidence is high, this brings down the hold of the OCD self and helps to ensure your complete recovery.

# Client Practice Card 11

## The Real Self

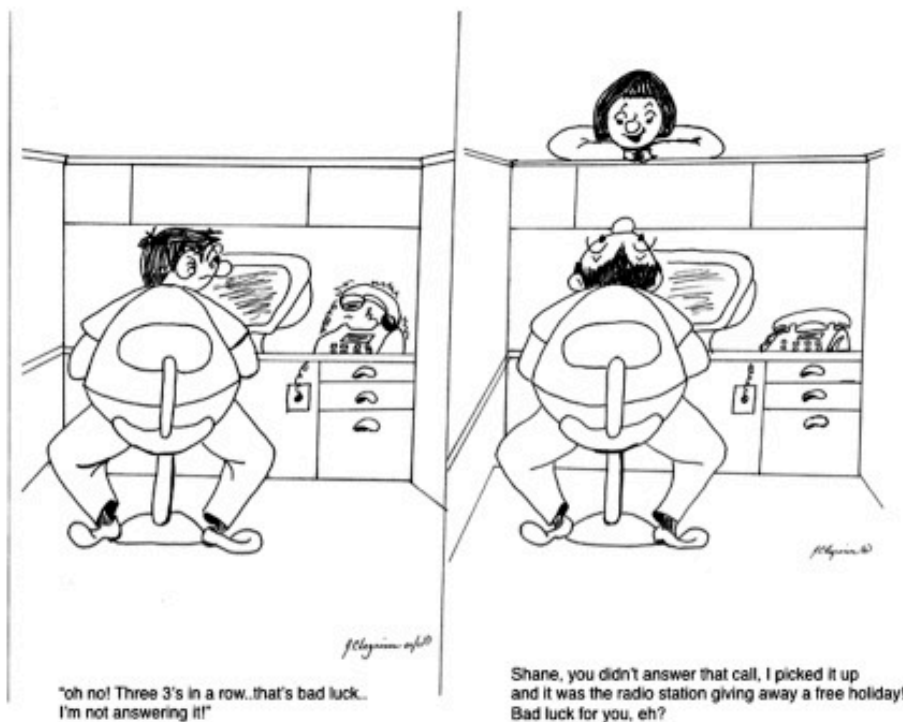
### Learning Points

Your OCD self is the opposite of your real self.

- Focusing your actions and projects around your real self grounds you in your real resources.
- The OCD self hid who you really are behind a mask that scared you into believing you might be something different.

### Practical Card

- Whenever you carry out an activity or receive a compliment, ask yourself, 'What does this say about me, my real authentic self?'
- It may say you are competent or resourceful or at least capable. By contrast, the OCD said you were the opposite.
- So now compare your true attributes as you and others visibly recognize them with your old OCD theme.
- Note here the contradictions.



**Cartoon 15.** Bad luck.