

Client Worksheet 11

The Real Self

You have become familiar with the idea that OCD created an illusionary self which it said you might become: The feared self. The real self is marginalized by a focus on a feared self you think you could become. This feared self led you to take all sorts of precautions and to doubt your ability because you genuinely believed the OCD. But the OCD self was just another story and the possibility can be pushed aside. Now we need to establish your real self so it can move to the centre of your being. On the basis of your vulnerable self-theme, identified in Chapter 6, write here the self OCD made you fear you could become.

Ex. I feared being negligent
I feared being a molestor
I feared being inferior

The OCD Nonsel

The OCD nonsel was really centred on who you were not, and with that perception goes many negative ways of viewing the self. These include things like: always comparing yourself to others to your disadvantage, never accepting positive comments and refusing to accept you possess any worth-while qualities. Here in this worksheet, you can practice changing these ideas which will help you to build up an authentic self (an authentic, not idealist or egoist, self).

When comparing ourselves with others, it's important to learn to compare in many dimensions and to focus on the positives.

I'm not as good as him.
I'm not as strong as him.

One-Dimensional World

We usually judge others as better on only one dimension: she is better than I; he is sharper than me. But in fact everyone is multidimensional. We are all defined by our work, our roles and our values. Everyone is unique and not limited to just one dimension. Another obstacle is to be continuously comparing yourself on abilities you do not possess. No one ever got a job based on a CV full of attributes the person does not possess. "I'm not good at X", "I've no talent for Y". So when you start to think negatively about yourself, e.g. "I'm no good at X, I've no talent for Y" counter-balance with a number of positive qualities that you really possess. Possessing a real sense of self not only grounds you in who you really are but also brings other benefits. You are much less likely to worry over small incidents. You feel able to take your place in the world, feel pride about yourself, and weather criticism and bad moments.

Real Desires

Recognizing your real self and attributes also puts you more in touch with your real desires. You may have been living a life of shame and denigration because of your OCD. You may often have felt your own wishes and needs are not important or can be sacrificed because you don't deserve otherwise. Now you can follow your real heart and desires in your projects.