ERP in Pure O

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In the purely obsessive type of OCD your rituals can be cognitive rather than behavioural. This might be trying to suppress a thought or image, etc. as you feel it is shameful. Especially if the image is of something you would never do or find immoral. This has the effect of making it spring back as it feels scary. Writing the intrusive thought/image in as much detail as possible in the first person and all sensory information will help you realise it has no real meaning. Rating your distress out of 10 each time you do it to see it fall. Gradually increase repetitions as you go.

Intrusion:

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