



## Abbreviated Version

### ***Please Note:***

This is an abbreviated version of the Live OCD Free User's Guide. It includes the Introduction (below), the full Table of Contents and all of Part II. The full version of the User's Guide is included with your purchase of Live OCD Free. To avoid any confusion, the page numbers have been removed from Part II, after the Table of Contents.

## Introduction

This guide is designed for Live OCD Free adult users and for the parents of child users. It is recommended that you read this user's guide prior to setting up your or your child's personalized program.

**Part I** outlines important information about OCD and its treatment.

**Part II** provides a detailed discussion of how to set up your personalized program.

**Part III** provides useful tips for working with specific OCD symptoms.

**Part IV** provides additional Q&A. This section is particularly helpful if you are planning to use this application for an OCD spectrum disorder such as Body Dysmorphic Disorder, Hypochondriasis, or hoarding.

**Part V** provides essential tips for the parents of child users.

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## Part II Three Easy Steps to Setting Up Your Live OCD Free Application

### Overview

The first step in getting started with your Live OCD Free application is creating your Exposure Hierarchy. If you are working with a trained professional, he or she will be able to assist you with this process. If you are using this application as a self-help tool, the information outlined in this section will help you create the most effective exposures for your specific OCD symptoms.

After entering in your exposures and rating your anxiety, your Live OCD Free application will create your personal Exposure Hierarchy, instructing you where to begin and when to move on to more anxiety provoking exposures. You will then set up your personalized toolbox, which includes various strategies to assist you while you are practicing your exposures or experiencing anxiety. Finally, you will be able to set specific goals for conquering your OCD and rewards for achieving those goals.

Once you have completed this relatively simple set up process, your Live OCD Free application will function like a therapist in your pocket. Whether you are struggling with a specific obsession at the moment or you have just given in to a compulsion, it will be there to guide, support, and motivate you to take the steps necessary to live OCD free.

### Step 1: Creating Your Exposure Hierarchy or Worry Wizard Challenge Chart

There are two different types of exposure therapies you can practice, **direct** and **imaginal**. **Direct exposure** involves directly exposing yourself to the people, places, activities, situations, and/or objects that provoke your anxiety and the urge to engage in compulsive behavior. **Imaginal exposure** is used when you can't realistically expose yourself to a specific situation or occurrence (e.g. contracting Hepatitis B, running someone over with your car, suffering brain damage, etc.). Imagining your worst fear coming true repeatedly will allow you to habituate to the anxiety in the same way direct exposure does

## Direct Exposures

The first step in setting up your Live OCD Free application involves entering all of your Direct Exposures, which will be used to create your Exposure Hierarchy or your Worry Wizard Challenge Chart (kids version). To create the most effective direct exposures, you will want to:

- 1. Identify all of the anxiety provoking people, places, activities, situations, and objects** that you tend to avoid or that will cause you to want to do a compulsion. These are all the things that you will want to practice doing, being around, or making contact with.
- 2. Identify all of your compulsions or rituals** that help to diminish your fear and anxiety. These are the behaviors that you will want to resist entirely, or at least partially, with the eventual goal of resisting completely.

## Rating Your Anxiety

Once you have entered in an exposure, you will want to rate the anxiety associated with it. The scale ranges from 0–100 for adults and from 0–10 for kids. Keep in mind, these numbers are just estimates and are never set in stone. Do not allow yourself or your child to spend an inordinate amount of time selecting the perfect number. It is sometimes helpful to think of what your “100” or toughest exposure would be. You will then be able to compare other exposures to this, helping you obtain a more accurate estimate of your anxiety. Asking your child to think of his or her “10” will help in the same way.

## Loop Tape Exposures

After you have entered all of your Direct Exposures (more may be added at any point), you will want to record your Loop Tape Exposures. This may not be necessary depending on your specific OCD symptoms or it may feel too anxiety provoking to do at this point. If this is the case, you will want to either skip this part entirely or come back to it when you feel ready.

To create your Loop Tape Exposure, you will want to think about your worst possible fear(s) coming true. Imagine exactly what would happen, how you would feel, and what you would do as a result. You may record as many Loop Tape Exposures as you wish.

## The following is an example of a Loop Tape Exposure recording:

“I cannot and never will be 100% certain that I didn’t hit someone while driving. There is a possibility that I may have hit and seriously injured or even possibly killed someone. And because I did not turn around, it would be considered a hit and run. If I did hit someone, the police will eventually track me down and prosecute me, sending me to prison for many years. My family will be ashamed of and humiliated by me and may even disown me. I will feel guilty and ashamed and will die a lonely and miserable death.”

If you have recorded a Loop Tape, be sure to rate the anxiety associated with it. If you have more than one Loop Tape Exposure recorded, a Loop Tape Exposure Hierarchy will be created for you.

You will want to treat listening to your Loop Tape as any other exposure, repeatedly exposing yourself to it until it no longer produces any anxiety. After you have completed your exposure session with your Loop Tape recording, DO NOT allow yourself to overanalyze or dwell on the possibility of your fear being or coming true. This is compulsive and will undo all of your hard work. If the thought keeps coming back, you may want to come up with a quick catch phrase to say to yourself such as “I will never be certain and I have to live with that” or “Yes, that is my fate so I better get used to it”. This can be an effective strategy as long as the phrase is very brief, and it keeps you from overanalyzing, seeking reassurance, or doing any other compulsion.

In the children’s version, Loop Tapes Exposures are referred to as Recorded Challenges. For more information on how to use this tool most effectively for your child’s OCD symptoms, consult Part V of this guide.

## Step 2: Setting Up Your Toolbox or Secret Weapons

### Adults will have access to the following tools in their Toolbox:

1. **Reasons for Fighting**...reviewing the many reasons you have to fight your OCD will help keep you motivated during challenging moments.

2. **Uncertainty Agreement**...acknowledging that you can never have complete certainty will help to diminish senseless compulsions and rituals.
3. **Motivational Messages**...listen to a motivational message recorded by OCD specialist and creator of the Live OCD Free application, Dr. Kristen Mulcahy, or record your own. You may record as many messages as you wish or even have your therapist record specific reminders to help keep you on track.
4. **Meditation/Relaxation**...listen to an audio recording of a mindfulness meditation and/or a progressive muscle relaxation. When practiced on a regular basis, these tools will help promote a sense of relaxation and inner calm. When practiced on a regular basis, these tools will help promote a sense of relaxation and inner calm.
5. **Inspirational Quotes**...let these inspiring quotes and serene images help keep you on your path to living OCD free.
6. **Spread to Get Ahead** (for contamination fears)...because you will have to eventually wash your hands, spreading (or purposefully contaminating things in your environment) is an essential part of the exposure for contamination fears. List all of the places you would like to remind yourself to spread to as part of your exposure.
7. **Check It Out**...for compulsive checkers, this tool allows you to take photos of the things you check to help prevent you from getting stuck. As this is not a long-term solution, this tool will prompt you to keep trying to resist taking and viewing photos.
8. **Reward**...set rewards for yourself for successfully completing exposures. You deserve it, and they will help keep you going. You can even post a picture of your reward as a reminder.

### **Kids will have the following Secret Weapons:**

1. **Reasons for Fighting**...list as many as you can think of to help you conquer your OCD worries and reveal the Worry Wizard's true identity.

2. **Relaxation**...listen and learn to relax all of your muscles. This will help when you are feeling worried and would like to feel calmer.
3. **Motivational Messages**...Sage the owl, your personal coach, has a special message to help you fight the Worry Wizard. Also, you or anyone you would like can record special messages and reminders to help keep you on track.
4. **Songs**...the relaxing Balloon Song will have you floating on fluffy clouds, and The Worry Wizard Song will inspire you to battle the mysterious wizard who loves to make you worry.
5. **Tips from other kids fighting the Worry Wizard**...Read what other kids have to say about the best ways to defeat the Worry Wizard.
6. **Spread to Get Ahead** (for contamination fears)... To make sure you defeat the Worry Wizard and his worries about getting dirty or germy, this tool will remind you to touch and spread dirt and germs to as many places as possible.
7. **Check It Out**...if you are getting stuck checking, this may help you strategically defeat the Worry Wizard.
8. **Reward**...Set a reward for moving along on your Worry Wizard Challenge Chart. You can even post a picture of your reward as a reminder.

### **Step 3:** **Setting Reminders and Goals**

#### **Practice Reminders**

Going to the Settings screen of your Live OCD Free application will allow you to set reminders to practice your exposure exercises each day. It is recommended that you practice for at least one hour each day. Once you are ready to practice, you will be able to set a timer for the amount of time you will practice a specific exposure exercise, committing to resist any compulsive behavior for that given period of time.



## **OCD Severity/Worry Rating Reminder**

Your Settings will also allow you to turn a reminder on to rate the severity of your OCD on a weekly basis. This is a very short questionnaire you or your child will be prompted to complete each week in order to help track the progress that is being made. This information will create a progress report that you will be able to view or email to your or your child's therapist on a regular basis.

## **Reward Reminder**

In Settings, you can set a goal to resist a certain percentage of time over the course of a week. Reaching this goal is another way (in addition to mastering your exposures) to earn the reward you have set for yourself.

## **Quick Track**

Located on your tool bar, Quick Track is an easy way for you to keep track of how often you resist compulsions versus how often you give in to them over the course of a week. If you have many opportunities throughout the day to resist giving in to your compulsions, this is a great tool for tracking your progress. Your Quick Track will reset on a weekly basis.

## **Progress Reports**

Also located on your tool bar, the Progress tab will allow you to access three types of reports: your ERP Progress, your OCD Severity/Worry Rating Progress, as well as the progress you make Resisting vs. Giving In to your compulsions. Your ERP Progress will allow you to view your anxiety ratings for each of the exposures you are working on or have completed. Resisting vs. Giving In data is collected from your practice sessions and from the entries you make into your Quick Track. All progress reports may be emailed directly to your therapist or anyone else you wish to share this information with.

***Thank you***  
***for reviewing the abbreviated version of***  
***the Live OCD Free User's Guide. The full version is included with***  
***your purchase of Live OCD Free.***