

Supportive Statements When A Loved One Has OCD

- *If I accommodate your compulsion, it will actually worsen your OCD.
- *The best way I can be supportive right now is _____ (for example, not engaging in compulsions).
- *I know this is difficult for you. I am here to support you.
- *The most helpful thing I can do for you right now is NOT to provide reassurance.
- *Let's review what your therapist has taught us.
- *How about we write down this concern to discuss with your therapist next time?
- *I have noticed you have asked that question multiple times. Could it be a reassurance seeking compulsion?
- *It looks like your OCD is causing a lot of distress right now. What would your therapist recommend in this moment?
- *Let's sit with this feeling.
- *I don't know. (In response to reassurance seeking questions)
- *How has your anxiety been today?
- *What can I do to support you, that will actually help your OCD in the long-run?

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