

Regaining self-control:
Conquering obsessive
compulsive behavior and
other habits you want to
break

Bennee, A. John

Note: This is not the actual book cover

Regaining Selfcontrol Conquering Obsessive Compulsive Behavior And Other Habits You Want To Break

Judd E. Hollander



Regaining Selfcontrol Conquering Obsessive Compulsive Behavior And Other Habits You Want To Break:

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Counselling and Mental Health Mr. Rohit Manglik,2024-03-02

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The ERP Workbook for OCD Gerard Bishop,2025-10-20 Are obsessive thoughts and exhausting rituals controlling your life Does Any of This Sound Familiar You can t stop checking cleaning or counting even though it s exhausting You replay conversations or images until you re mentally drained You avoid places or people fearing they ll trigger anxiety You constantly seek reassurance only to doubt yourself again moments later I get it Living with OCD is like being stuck in a loop that never stops spinning You try to reason with your thoughts to calm yourself down but the what ifs always return stronger louder more convincing You start doubting everything even yourself I ve been there too And I know how heavy that feels Therapists who don t specialize in OCD often make it worse Medication dulls the edges but leaves the cycle intact Mindfulness apps Breathing exercises Useless against a disorder this specific You need a method that rewires the alarm system at its source That method is Exposure and Response Prevention ERP But First a Warning If you re looking for a quick fix or a one hour cure this isn t it This workbook isn t for those expecting instant results without effort Real change takes courage honesty and consistency The exercises here will challenge you but they ll also transform you one step at a time If you re ready to face your fears commit to the process and finally regain control you ll discover how much freedom has been waiting on the other side of fear Inside this book The 14 types of hidden compulsions most people don t recognize as compulsions one of them is probably sabotaging your recovery right now Page 42 Why checking the lock 5 times creates more doubt than checking once Page 103 What actually happens in your brain during the first 10 minutes of an exposure and why quitting early makes OCD stronger Page 51 The counterintuitive reason contamination fears get worse the more you wash Page 92 How to sit with the thought what if I stab my partner without confessing analyzing or avoiding knives Page 144 The exposure hierarchy mistake that causes people to quit in week one Page 38 Why asking do I really love them destroys the feeling you re trying to confirm Page 131 The 6 self check questions to know if you ve turned ERP into a compulsion and how to fix it Page 62 What to do when your partner keeps reassuring you even after you asked them to stop Page 87 How to handle intrusive sexual thoughts without spiraling into self hatred Page 115 The real reason you can t throw anything away it s not about the objects Page 177 Why praying for 3 hours makes you feel further from God not closer Page 159 This Book is for You if You re exhausted by rituals consuming your days You re done losing hours fighting intrusive thoughts Anxiety makes everyday tasks feel overwhelming You ve started avoiding places that trigger your fears OCD has strained your relationships and isolated you Temporary relief isn t enough you want lasting calm You re tired of doubting yourself and second guessing everything You constantly seek

reassurance but it never lasts Your routines have expanded robbing your productivity You re ready to face your fears instead of running away Imagine feeling calm again experiencing genuine relaxation and rediscovering the joy in daily activities you once avoided You have the opportunity right now to start living that life Ready to leave OCD behind and start living your life again

Group Cognitive-Behavioral Therapy of Anxiety Peter J. Norton, 2012-05-14 Cognitive behavioral therapy is highly effective in the treatment of anxiety disorders regardless of the specific type of fear that is causing difficulties This practical hands on clinical resource presents a proven group treatment protocol for patients with any anxiety diagnosis Step by step guidelines are provided for setting up transdiagnostic groups using comprehensive assessment to plan and monitor treatment and implementing carefully sequenced cognitive and behavioral techniques Clinical examples illustrate the nuts and bolts of intervention across different anxiety disorder presentations Special features include 19 reproducible handouts and forms that can be downloaded and printed in a convenient 8 1 2 x 11 size Personal Growth and Behavior 2000-2001 Karen Duffy, 1999-12 This annually updated reader is a compilation of articles from magazine newspaper and journals Illustrated articles by psychologists educators researchers and writers provide a perspective on important topics of the day in the study of personal growth and behaviour *The Complete Mental Health Directory*, 2004 **Subject Guide to Books in Print**, 1991 The Secret of Overcoming Verbal Abuse Albert Ellis, Marcia Grad Powers, 2000 If you feel like you are on a runaway emotional roller coaster with your partner at the controls this book is for you It can save you years of torment tumult and tears *The Maine Organic Farmer & Gardener*, 1993 Brain Lock Jeffrey M. Schwartz, 2009-11-24 Here s a simple four step method for overcoming Obsessive Compulsive Disorder that is so effective it is now used in academic treatment centers throughout the world Proven by brain imaging tests to actually alter the brain s chemistry this method does not rely on psycho pharmaceuticals Instead patients use cognitive self therapy and behavior modification to develop new patterns of response to their obsessions In essence they use the mind to fix the brain aUsing the real life stories of actual patients Brain Lock explains this revolutionary method

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