

# humantold

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## Imaginal Exposure Scripts

When trying to treat Obsessive-Compulsive Disorder (OCD), writing out your fear as if it has happened can be a way to practice exposure when an actual exposure to something is not possible or permitted.

1. This entails writing a script (story) about an obsession as if it happened. Meaning it is written in present tense, first person, and not holding back on the anxiety provoking nature of the material.
2. After this is complete. You will read it out loud and mentally over and over again.
3. Practice acceptance to let yourself feel uncomfortable, open yourself to the act of doing nothing in response to your anxiety.

This can be helpful in tandem with Exposure and Response Prevention Treatment (ERP). In this exercise you are targeting:

- **Reducing magical thinking**
  - The belief that the intrusive thoughts, saying them out loud, and writing them means they are true or will come true. Our thoughts don't have that power, but our brain is sending us the signal that they do.
- **Increasing habituation and the need to perform compulsions**
  - The repetitive nature of this may allow you to get bored of this script and might not scare you as much. The goal is to help you to learn to accept the presence of the intrusive thoughts without engaging with compulsions.

