

### Issue

Luke was experiencing intrusive thoughts and worries relating to a persistent fear of himself and his loved ones getting hurt or dying. When he experienced intrusive thoughts Luke noticed the impact on his physical and emotional wellbeing. Luke described a feeling of panic in his body and sudden dips in his mood. Luke noticed an increasing tendency to manage his anxiety by checking for poison or contamination, for 'panic googling' when he was afraid that he had hurt himself; seeking reassurance from parents or friends that things were safe and avoiding social situations in order to prevent bad things happening.

### Our work

- We began with Luke keeping a diary or log of intrusive thoughts and any compulsions that he was experiencing as a result.
- We recognised that OCD was external from Luke and might tell him things which were not true. Luke found breaking the thoughts down and applying logical arguments to them helpful - we practised taking thoughts to court, and used Theory A vs Theory B to demonstrate how you might argue back to OCD.

### Healios impact

Luke's three goals:

**Goal 1** - To be able to manage my intrusive thoughts so they don't impact my social life - this score moved from a 2/10 to a 9/10.

**Goal 2** - I can just pick up a glass and drink from it - this moved from a 2/10 to a 9/10.

**Goal 3** - I can manage the stress of injuring myself - this moved from a 2/10 to a 9/10.

Luke started to recognise where safety behaviours were unhelpful, and to use some behavioural experiments to disprove your fears. He did really well with these - in particular his difficulty with believing a water glass might be contaminated. Luke was determined in carrying out his experiments and proving to himself that the OCD monster was not telling the truth. Luke told his clinician that he felt a new confidence now that he no longer just automatically listens to the intrusive thoughts.

**“Sophie listened well and helped me break down my problems”.**

Luke