
Obsession and Compulsion Reduction Meditation Exercise Script

10 March 2020

MindBody Breakthrough Ltd



Wale Oladipo

Relaxing:

Choose a spot above your chest level and focus on that spot as I count from 1 to 10. As I count, allow your eyes to get tired and tired until they just want to close and move into a better state of relaxation.

Relaxation is a bridge that connects you to your parasympathetic centre - your body healing centre. Relaxation reduces the cortisol levels and optimises your brain functions for calm and confidence. But you must choose to cooperate and surrender to your relaxation response in this present moment and become pure consciousness...

Before I count, take a deep breath..... and let it go out through your mouth slowly and gradually. Breathing is energy.

Breathing is the life-force that instruct the viscera to move into a state of healing, homeostasis and self-regulation.

Take a deeper breath as you release your abdominal muscles and allow your entire being to accept the refreshing life-oxygen.....and allow your out-breath to come out through your mouth slowly and gradually as you imagine all the tensions in your body coming out with it. This is your natural state - relaxation.

Now, I begin to count.....1.....2.....3.....4.....5.....
deeply relaxed.....6.....7.....deeply relaxed
still.....8.....9.....and.....10. If you have not already
close your eyes, just let them close in beautiful surrender to the
healing energy of relaxation.

Deepening:

Now, allow your mind to shift for a moment, as you imagine that there are 10 stairs before you....right there before is a beautiful stair case....so beautiful that looking at it helps your mind and body to relax even deeper. Now I am going to count down from 10 to 1, each count invites you to take a step down the stairs. Each step moves you into a deeper state of relaxation.

10.....take the first step.
9.....8.....7.....6.....deeper in relaxation.....
5.....4.....deeply relaxed like never before.....
3.....2.....and.....1.

As you get to the bottom of the stairs you realise that you are in one of the most exquisite outdoor places you have ever been. It could be somewhere you have been physically before. Or simply allow your mind to construct your own lovely place in real-time. This is your resource centre.....a place of safety, power, rejuvenation, healing and brain rewiring. Explore this beautiful environment in awareness as you breathe the fresh air and unite with the beauty of your environment. This is your new resource environment for resilience, courage and empowerment.

Making the connection with the obsession:

Now, find a lovely position to sit and relax.....it could be on a lovely reclining chair. Relaxation is your new natural state.....

feel a sense of courage, healing and resilience engulfing your entire being. As you continue to pay attention to your breathing, now look up into the sky....it is a beautiful day.....the sky is blue and the sun is shining.....you feel lovely and safe..... now observe the clouds floating right above where you are sitting.....these clouds houses all the obsessive intrusive and unwanted thoughts, urges and images of your OCD. Each cloud contains one obsessive intrusive thought or unwanted image that often gets stuck in your mind, generating huge anxiety and distress and requiring a compulsive behaviour to try to reduce the anxiety.....Now because you are in your empowerment place....you are separated from your obsessions in the clouds.....and they cannot hurt you. In this special place, you have the power to observe them as A compassionate witness and impartial observer.....without judgement.....just observe.

Accessing:

Now imagine that you can see each obsession through the transparent clouds. Now work first in your principle, most debilitating obsession. Starting with the most debilitating obsession, how does your mind represent this obsession? What does it look like? Remember that this obsession is an individual personality within your psyche serving a protective role. Focus on your most debilitating obsession. Access it by visualising how it looks.....pay attention to how your mind pictures it. Once its image is clear in your mind, ask it this question; what protective role are you playing in my life? Then listen to what it says to you.....Remember, whenever you are in this resource centre, you are in control and totally safe, and separated from your obsessions. You have power of them in this space.....you can understand them, build

relationship with them and nurture them into taking up a more positive role that supports your future desire of wellness and happiness.

Listen.....what does it say to you?....Whatever it tells you, notice it. Then ask it why it has decided to play that role in your psyche? Why does it think that it needs to protect you by making you to become obsessed with that particular fear of yours? Listen and take note of whatever answer that you get.

Reassuring:

Now thank your obsession for trying its best to protect you. Tell it that you are now an adult with better resources, cognitive functions and support networks. And that you are no longer a helpless child that cannot defend or protect herself. Reassure your obsession that you can now reassure her that you are able to keep yourself safe without having to need its help. I am now a fully grown adult, fully empowered, fully resourceful, fully present in the moment to participate in my healing process. Tell it that whatever might have happened in the past that made me vulnerable, I am now taking control of that situation. I am fully resourced and equipped to help me. I am now a resourceful human being, and not a human doing. This is my new natural state.

Relinquishing the protective role:

Now ask your obsession if it would like to step aside from its protect role and relieve you of the burdens of this obsession. If it says no, continue to reassure your obsession that you promise to keep safe as you are now more empowered to look after yourself. Once you have got a go-ahead signal that it

wants to relinquish its role, take a deep breath and let it out gradually through your mouth, as you visualise your sense of empowerment to release your obsession of its protective role.

Now visualise this cloud that contain this obsession that you are working on drifting away from you and becoming smaller and smaller.....As this cloud shrinks and moves away from you, visualise a greater sense of freedom, empowerment and autonomy enfolding you. Now say to yourself; *I am free from the tyranny of this obsession. I am a human being, and not a human doing.* Continue to visualise your obsession shrinking and shrinking and moving away from you.....until it totally disappears into the horizon. This is your new self; an empowered self, free from the captivity of this debilitating obsession. You are now in total control of your thoughts, emotions and actions.

Working with your compulsion:

As you celebrate your positive negotiation with the obsession, in your lovely atmosphere of empowerment and resilience, look to your right. And on your right is a personality that is coming toward you. This personality is your compulsion that you have been performing to 'ward off' the anxiety of the obsession that you just worked with and released of its protective duty. Remember that compulsive behaviour that you perform regarding your OCD is another psychic personality that tries to protect you against your principal obsession. It thinks it's helping you manage the fear generated by your obsession in order to avoid the unpleasant situations that might happen otherwise.

Accessing:

Look at this compulsion coming towards you. What does it look like? How does your mind represent it? Access it fully. Paint a full picture of its outward features and see whether a name comes to mind to call your compulsion. What name comes to mind for it?

Building relationship:

As it gets close to you. Thank your compulsion for helping you manage the negative effects of your obsession. Tell it that you understand how much it wants to protect you and how hard it is working to make the happen.

Relieve your compulsion of its protective role:

Now take a deep breath....It's time to let your compulsion know that there's no point protecting you from the released obsession as your obsession has now agreed to relinquish its protective role and walked away from your life. Now ask your compulsion if it would like to take up a new positive role that contributes to your wellness, wellbeing and happiness. If your compulsion is reluctant to give up its compulsive urges and behaviours, ask it what it's afraid of. Then reassure it that you are now fully grown up and no longer a helpless child who cannot protect or defend herself. Once it agrees to give up its

role within your psyche, ask it what kind of positive role does it want to take p instead, e.g, motivator, encourager, etc. It could also be one or more parasympathetic activities such as dancing, walking, playing with a pet, writing, etc.

Now, visualise your compulsion getting smaller and smaller and you get more empowered and resilient, hopeful and stronger. Visualise your compulsion eventually transforming to the new role that you have agreed. This new positive role is now what you go and do whenever you feel the urge to perform your compulsion. This new role now serves as a positive distraction technique until the old urge to perform your old compulsion subside. The body still carries the habit of your old compulsion. It will take time for the body to unlearn this old compulsion. So you continue to resist the urge of your body to complete your old compulsion. Practice your fifteen minute rule of delaying the gratification of performing your compulsion. Choose to do the new positive role instead. It takes about 21-30 days of not performing your compulsions before the brain starts to make new neurological pathways to make the change a new habit.

Reaffirming your new self:

Now take a deep breath. Feel a huge sense of relief as you absorb the positive energy of your resource environment. Now feel the following power-affirmations within you as they construct the foundation of your full recovery:

I am a human being, and not a human doing. I am now a fully grown adult that has a past. In spite of my past, I now embrace a future of resilience, responsibility and empowerment. I no longer need my psychic protector to protect me as though I was still that lost child that requires constant micro-

management. I am now a fully fledged human that have the ability to self-protect and self-regulate. I embrace my own healing process and full restoration. I embrace the courage to resist the residual body-memory to obsess with my old obsessions and carry out my old compulsions. They no longer have any negative protective roles within my psyche. I am totally free. I'm fully alive. I refuse to blend with my inner critics to undermine the progress and autonomy that I achieve today. I refuse to collaborate with the inner aggressors within that represent the trauma and pains of my past to destroy my pathway to change and transformation. I am an embodiment of calm, relaxation, strength and happiness. I process my new repressed emotions that life my bring before they take up a negative protective role within my psyche. I am constantly in awareness, at the centre of consciousness to lead and govern my own psyche. This is my new natural state - healing, self-regulation, emotional regulation, creativity and expansiveness. I am fully alive and totally free.

Re-orientating:

Now take a deeb breath, and walk back to the bottom of the stairs. I am going to count from 1 to 10 for you to return to full awareness, feeling empowered and re-energised. Take a step upon each count. 1.....2.....3.....4.....5.....feeling completely rejuvenated.....6.....7.....8.....9.....becoming aware of your immediate environment.....and.....10. Fully awake, feeling refreshed.

Instruction on how to use this OCD recovery meditation:

Use this meditation to renegotiate with your principle obsession for 21 days. Replay this meditation for 21 days consecutively until the brain encodes these changes within your subconscious mind and the brain rewires around them for greater autonomy and self-regulation.

After the first 21 days, you can use this script to work on a different obsession along with its connecting compulsive behaviour.