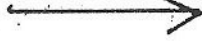


**ELICITING
STIMULUS**



OBSESSING



**ANXIETY
AND
DISTRESS**



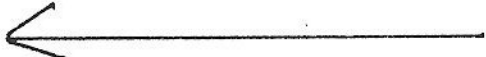
**URGE
TO
NEUTRALIZE**

**THOUGHT
IDEA
IMAGE
ACTION
SITUATION**

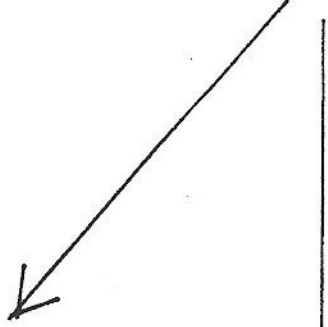


**TEMPORARY
RELIEF**

**REINFORCEMENT
OF OCD**



**PHYSICAL
COMPULSIONS
MENTAL RITUALS
COPING STRATEGIES
REASSURANCE SEEKING
AVOIDANCE**



**ACCEPTANCE
CONFRONTATION
COURAGE**

**RESPONSE
PREVENTION**

