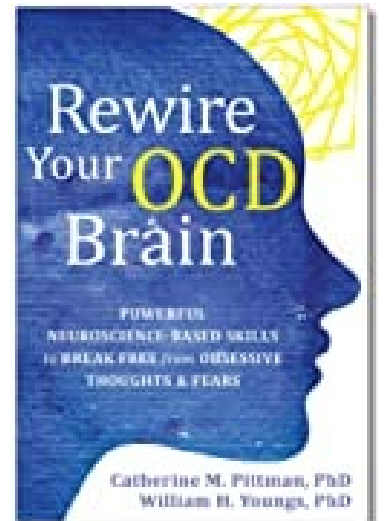


Rewire Your OCD Brain: Strategies to Combat Obsessive Thinking and Worry

Catherine M Pittman, Ph.D., HSPP

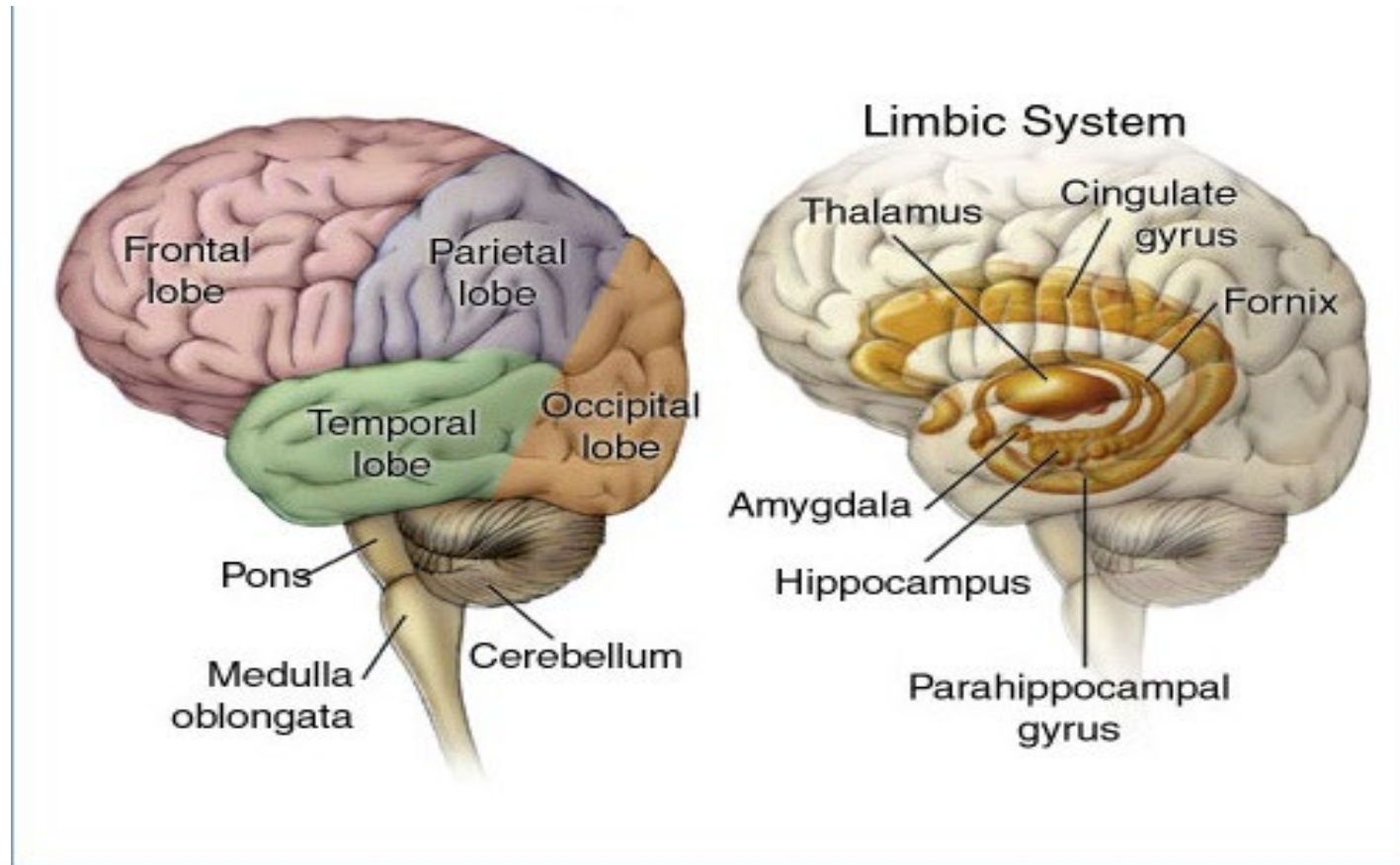
**Some helpful illustrations
for podcast on**

COURAGEOUSLY.U



Therapist Recommended

Both Fear and Anxiety come from the Amygdala

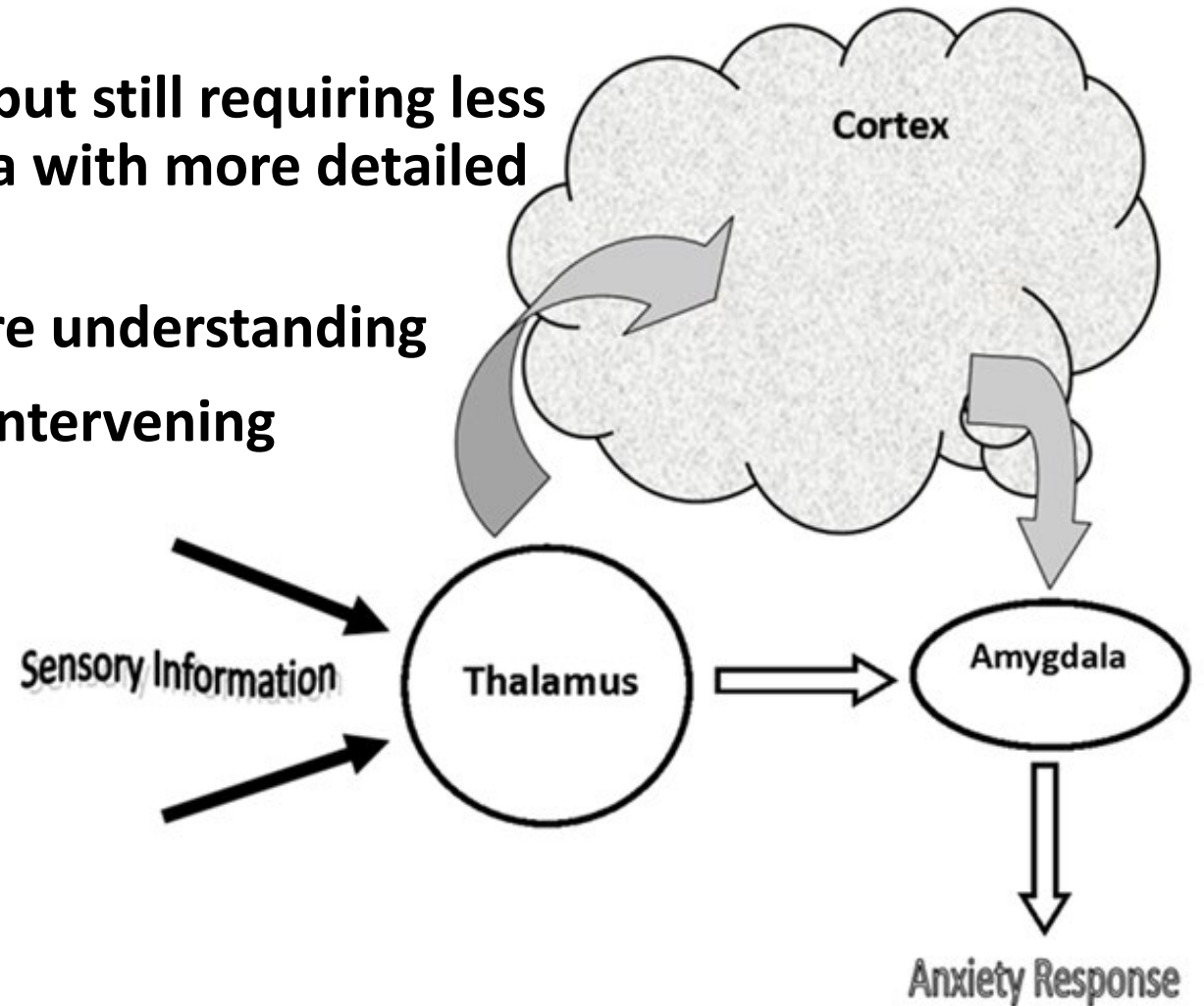


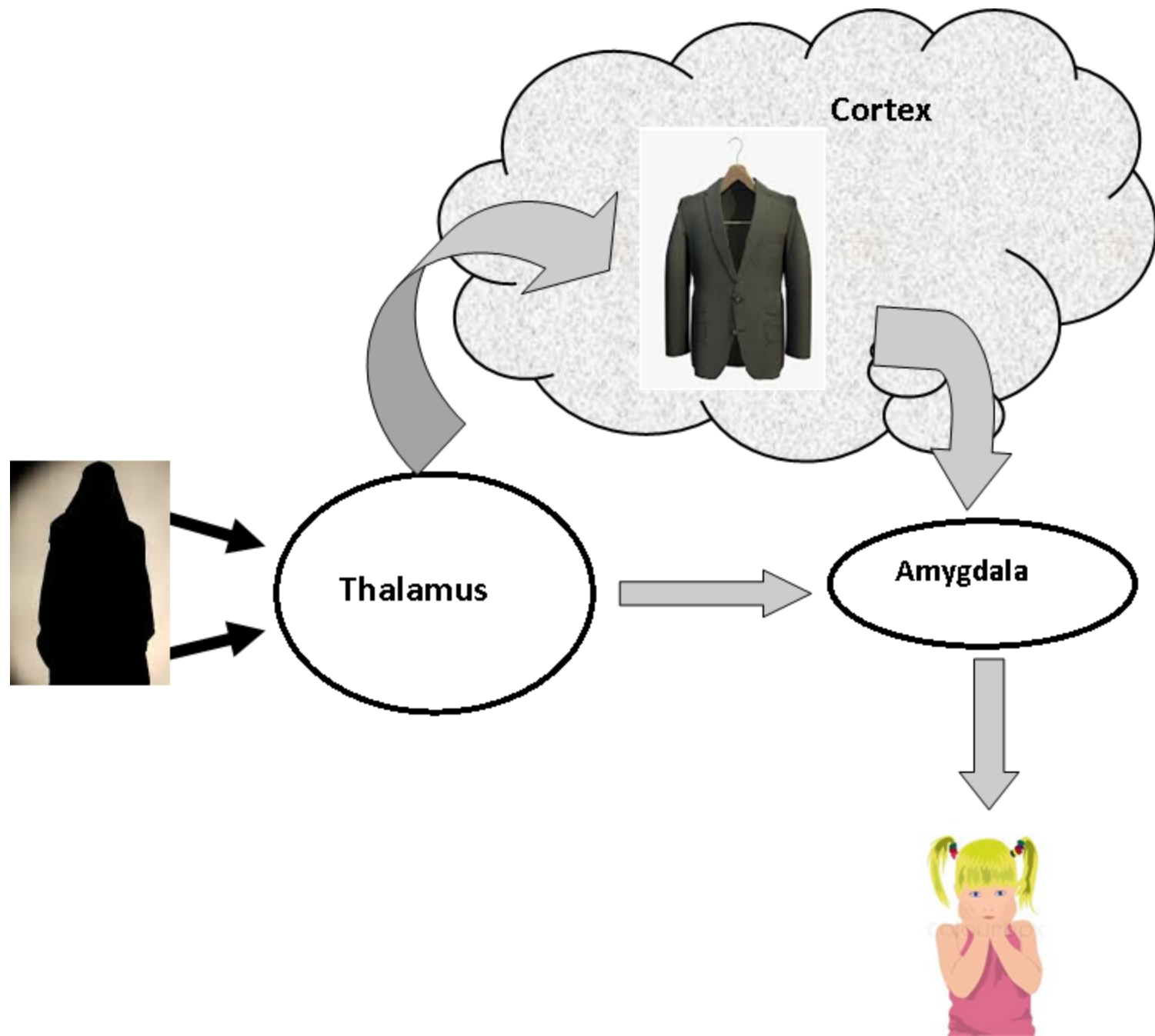
Anatomy of the Brain by Artlessstacey.

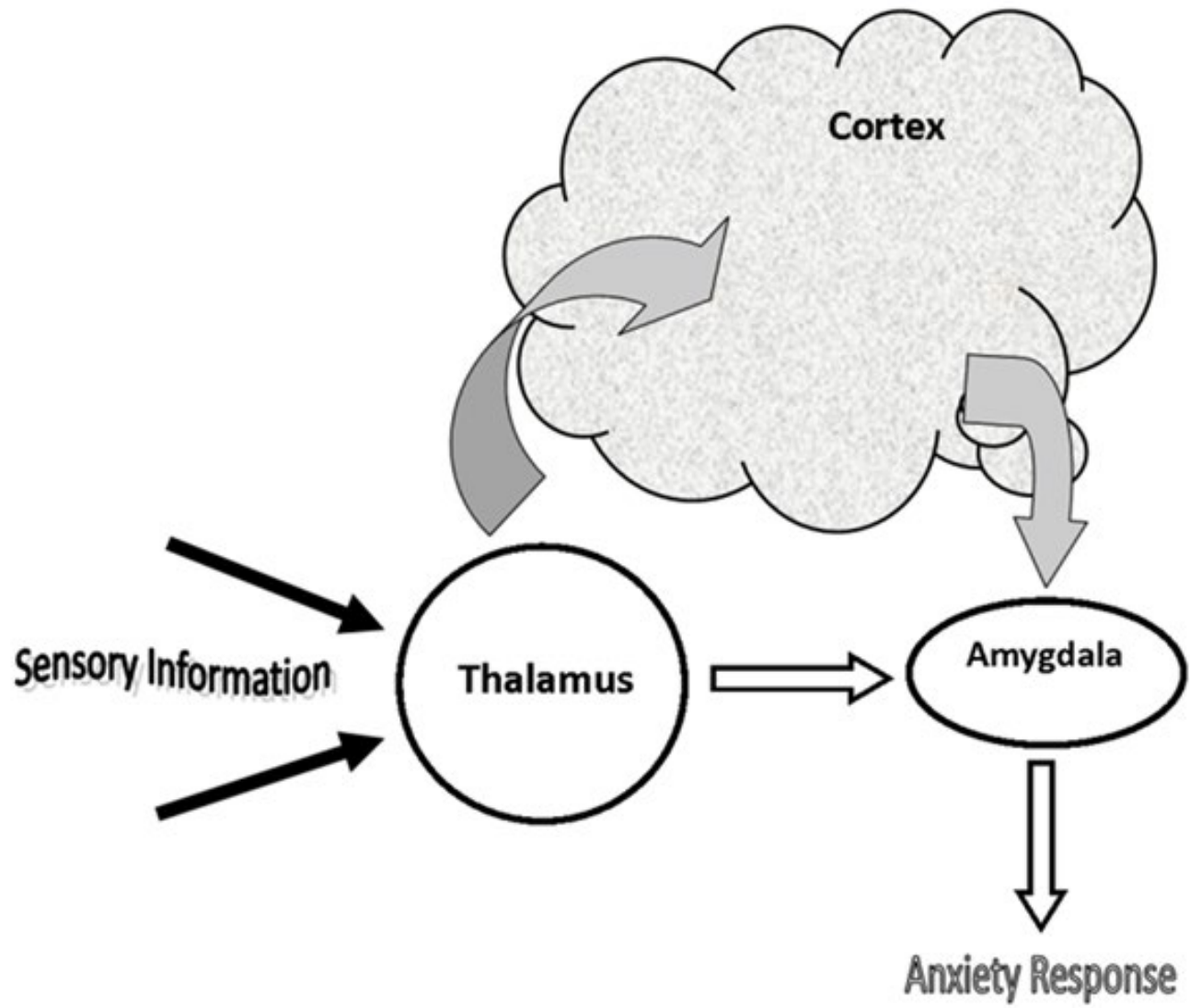
Note the curved cortex on the left, and the amygdala deep inside the brain

- The amygdala receives information very quickly, and can initiate a quick response...
- And the cortex responds more slowly (but still requiring less than a second) to provide the amygdala with more detailed information.

Understanding this process provides more understanding
It also gives you more opportunities for intervening



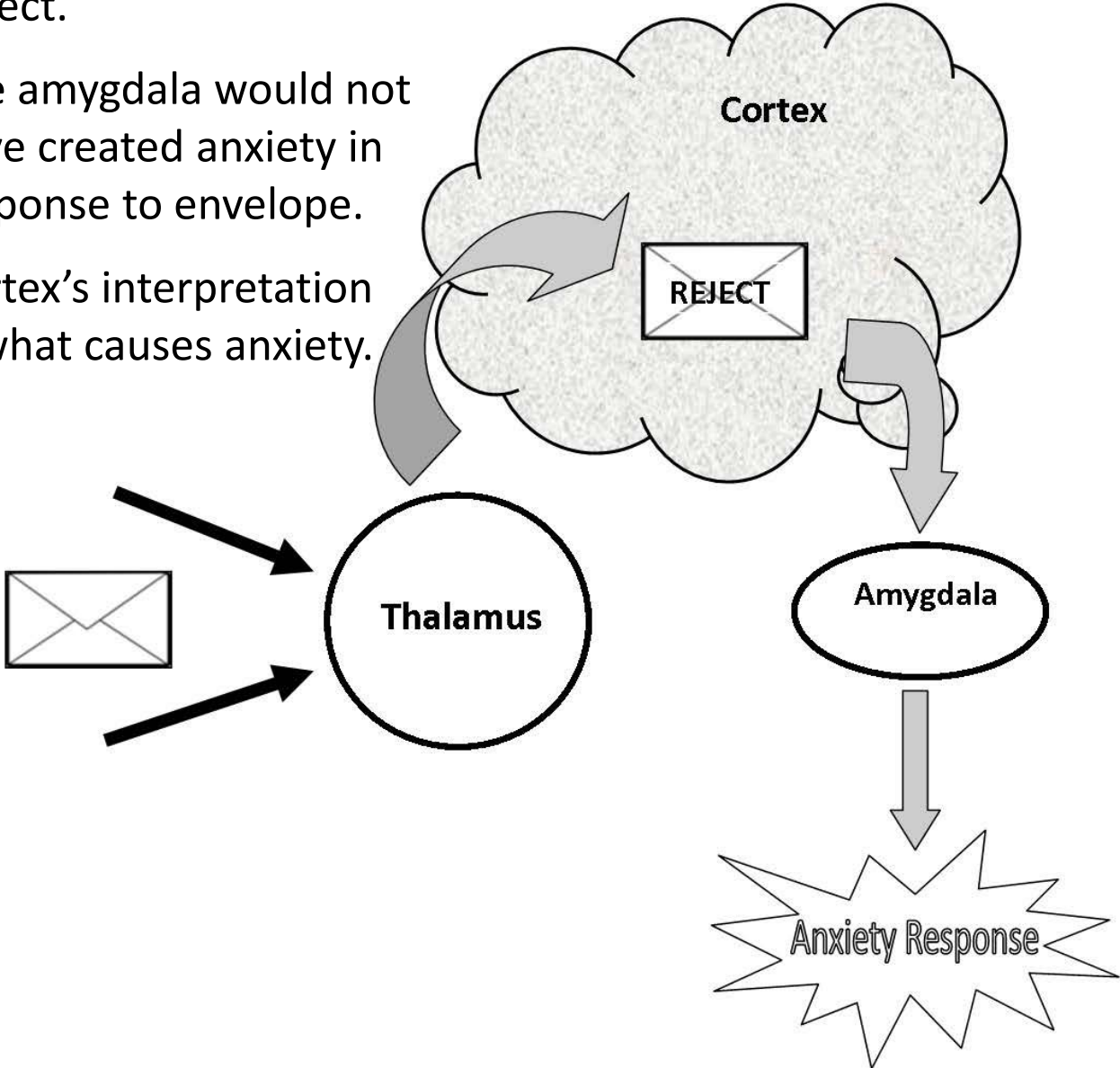




Note that the envelope is not a dangerous object.

The amygdala would not have created anxiety in response to envelope.

Cortex's interpretation is what causes anxiety.



How to use *Worry* in the way it was intended...

Beneficial: **WORRY** → **PLAN** →

Harmful: **WORRY** → **PLAN** →



**Although the brain can accomplish
thousands of things at once...**

Focus of attention is very limited...

Take advantage of this limitation!

