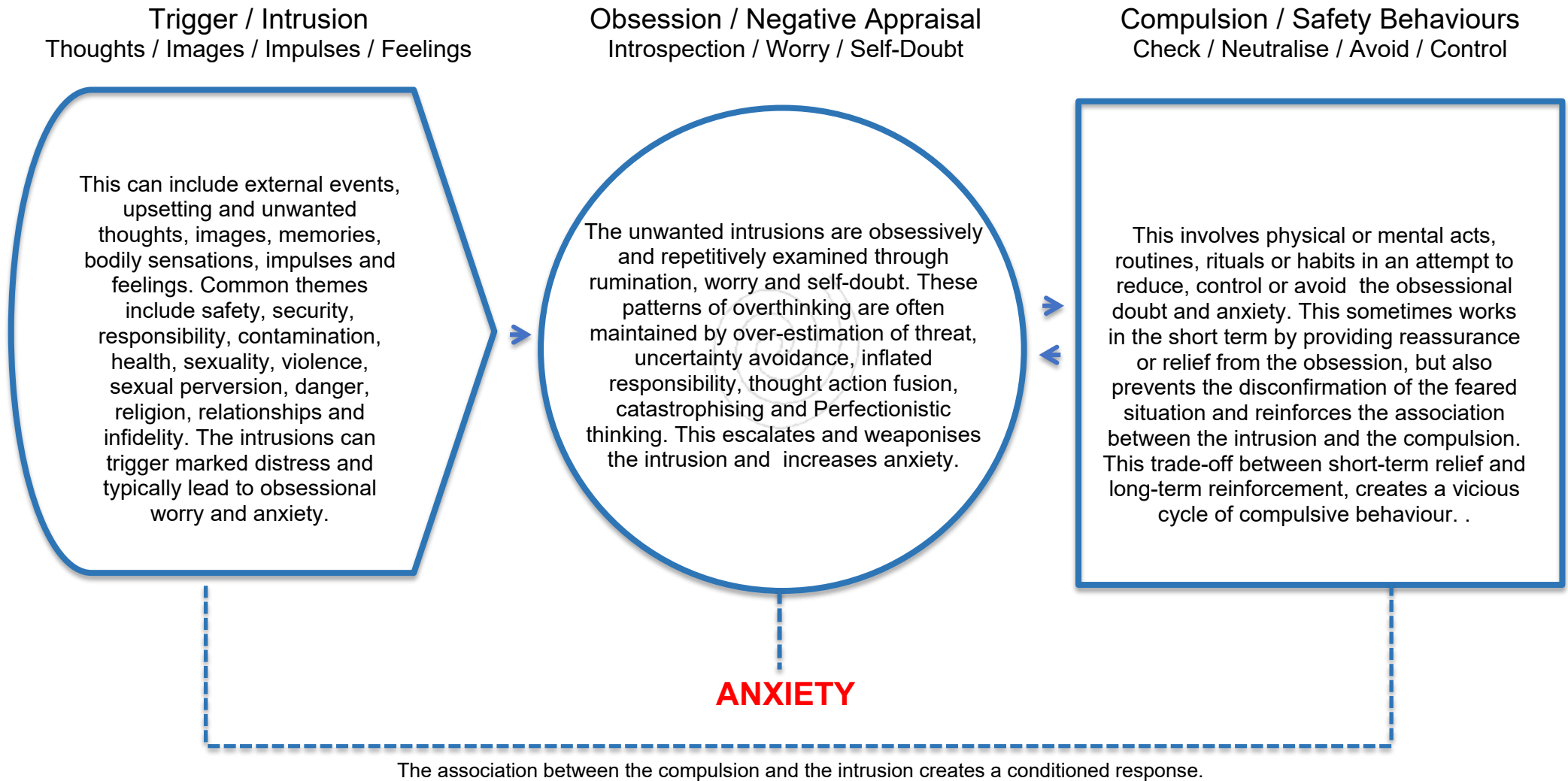


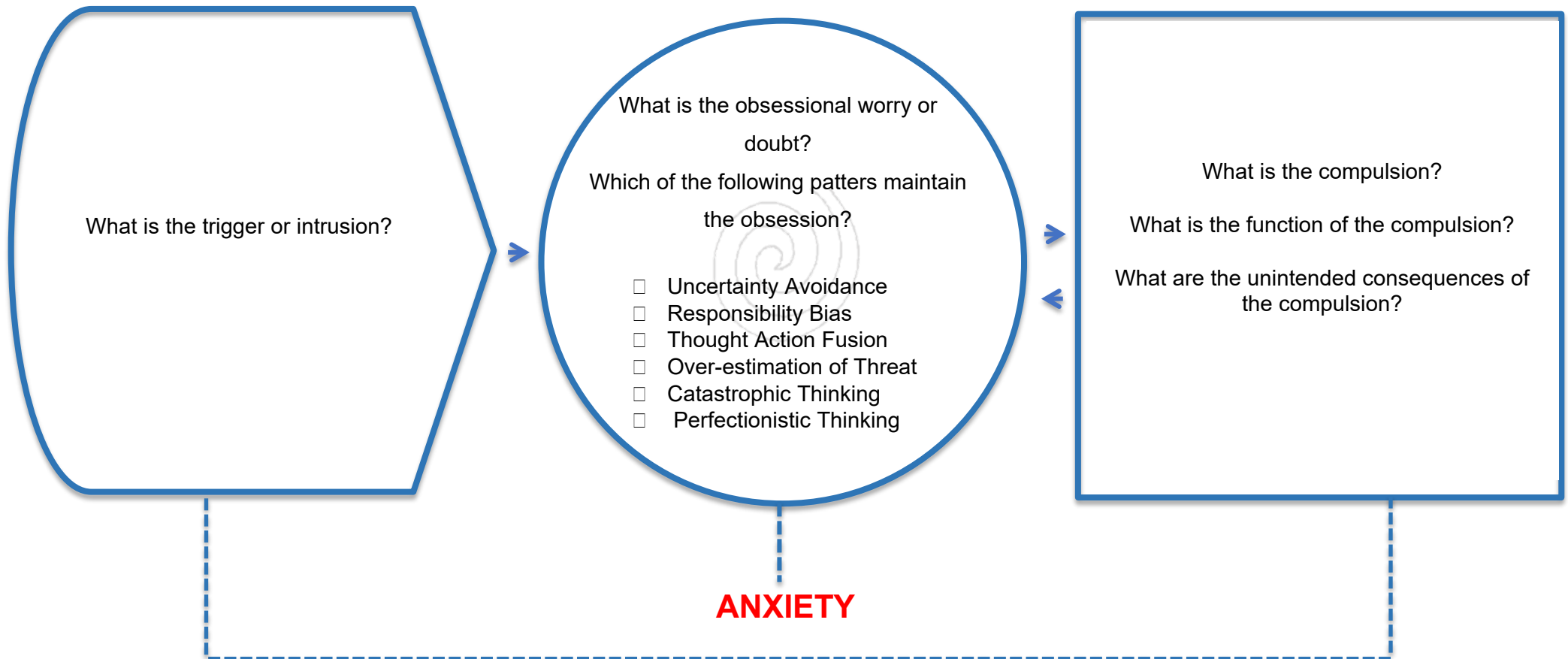
A Transdiagnostic Model of OCD



Trigger / Intrusion
Thoughts / Images / Impulses / Feelings

Obsession / Negative Appraisal
Introspection / Worry / Self-Doubt

Compulsion / Safety Behaviours
Check / Neutralise / Avoid / Control

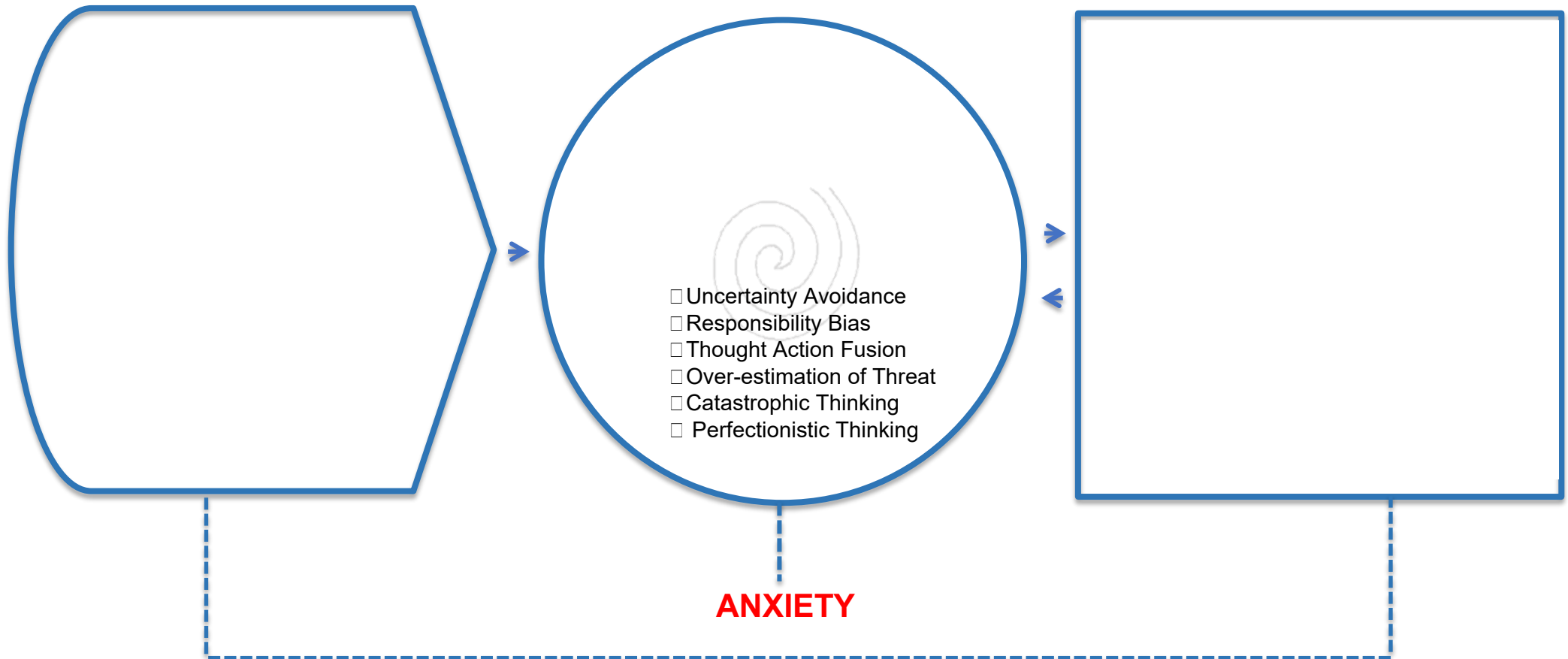


The association between the compulsion and the intrusion creates a conditioned response.

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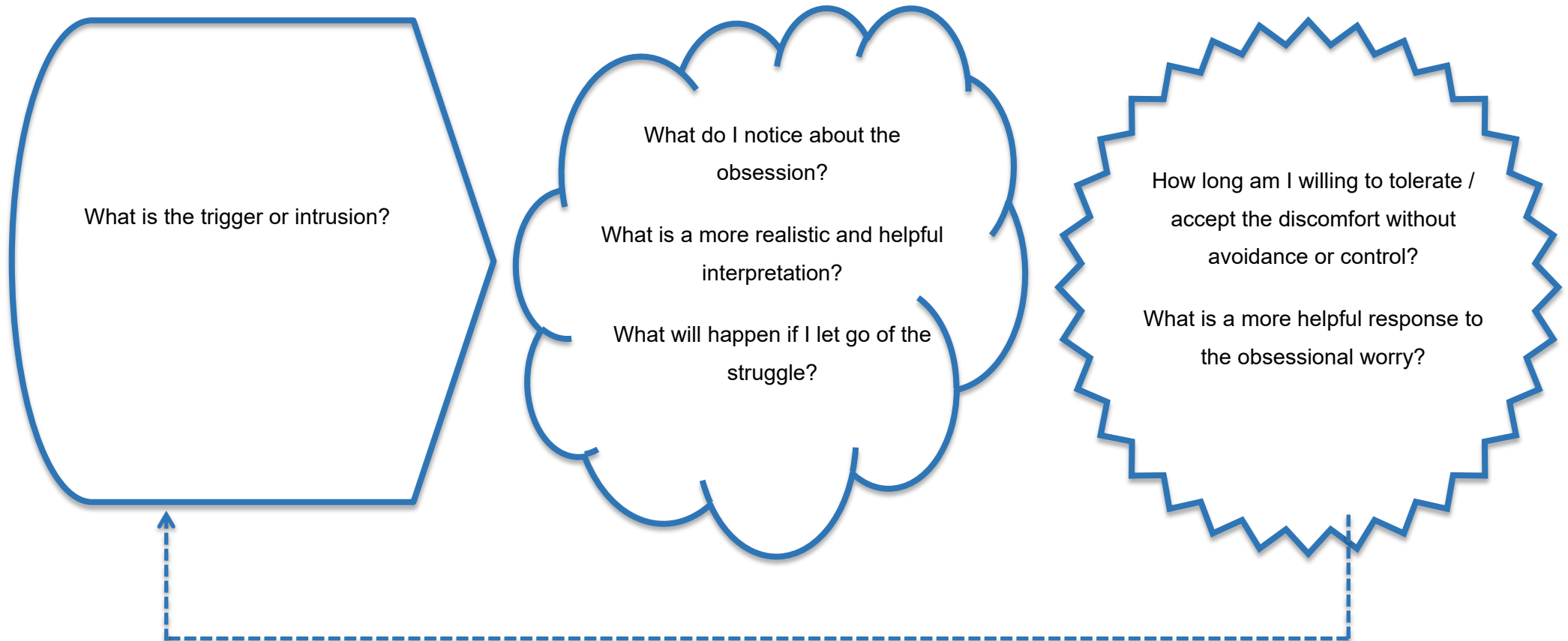
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Cognitive Behavioural Defusion

Trigger / Intrusion
Thoughts / Images / Impulses / Feelings

Acceptance / Normalisation
Notice / Reappraise / Open up

Committed Action
Act with values and goals



Trigger / Intrusion
Thoughts / Images / Impulses / Feelings

Acceptance / Normalisation
Notice / Reappraise / Open up

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