

NON-ENGAGEMENT RESPONSES FOR OCD

OCD often pulls you into answering, analyzing, checking, reassuring, or trying to get certainty. A non-engagement response briefly acknowledges the thought without solving it.

The goal is not to convince yourself that everything is safe.
Leave the question unanswered and choose not to continue the OCD debate.

Examples

"Maybe, maybe not."
"Maybe that will happen, maybe it won't."
"I don't know, and I'm not going to figure it out right now."
"That's possible."
"I can allow the uncertainty to be here."
"I'm choosing not to answer that question."
"OCD wants certainty. I can leave this unanswered."
"I can have this thought without doing anything about it."

What Non-Engagement Is NOT

Reassurance: "I know everything will be fine."
Arguing with OCD: "That thought is ridiculous and could never happen."
Trying to feel better: Repeating "maybe, maybe not" until the anxiety goes away.
Another ritual: Repeating a response until it feels "just right."

How to Use It

Use a brief response once, or as little as needed, and return to what you were doing. You do not need to make the thought disappear or make yourself feel certain. The thought, anxiety, or doubt can remain while you choose not to continue the conversation with OCD.

WISE MIND: "Maybe my fear is true, and maybe it isn't. I don't need to figure it out right now. I can allow the thought and uncertainty to be here without reassuring myself, analyzing it, or trying to make it go away. I can choose what I want to do next instead of what OCD wants me to do."