

TASK: IMAGINARY DIALOGUE

DID YOU KNOW THAT OBSESSIVE COMPULSIVE DISORDER, OR OCD TO MANY OF US, IS MUCH MORE THAN JUST TIDYING AND PUTTING THINGS IN ORDER. IT'S MUCH MORE THAN THAT!

OCD IS A BULLY! IT SAYS VERY SCARY THINGS TO PEOPLE, BUT YOU KNOW WHAT? BULLIES ARE SCARED, THAT WHY THEY SAY NASTY THINGS.

WATCH CAI AND CELYN'S STORY AGAIN IN ORDER TO LEARN MORE ABOUT OCD. CELYN TALKS A LOT ABOUT THE BULLY IN HER HEAD, AND THE MORE SHE LISTENS TO THE BULLY, THE MORE IT CONTROLS HER THOUGHTS. ON A PIECE OF PAPER, MAKE A LIST OF ALL THE WORRIES THAT GO THROUGH CELYN'S HEAD – THINGS THAT WOULD HAPPEN IF SHE DIDN'T COMPLETE HER RITUALS, FOR EXAMPLE, A FAMILY MEMBER DYING OR A CAR ACCIDENT. MAYBE THESE SOUND A LITTLE CRAZY TO YOU, BUT FOR CELYN THEY'RE TERRIFYINGLY REAL SITUATIONS!

BUT IT'S ALSO TRUE THAT THE MORE YOU TALK ABOUT BAD THOUGHTS WITH FRIENDS AND FAMILY, THE LESS POWER THE BULLY HAS, AND THE FEWER BAD THOUGHTS WILL COME TO YOUR HEAD. SO THAT'S WHAT WE'LL DO TODAY, TALK ABOUT THE BULLY.

HOW ABOUT WRITING A DIALOGUE BETWEEN OCD, THE BULLY, AND CELYN? EXPLAIN TO OCD IN THE DIALOGUE HOW CELYN FEELS WHEN THESE THOUGHTS COME TO HER HEAD. ENSURE IT UNDERSTANDS THE EFFECT THESE THOUGHTS HAVE ON HER FAMILY AND HOW THESE MAKE HER FEEL.

DO YOU SUFFER FROM THE DISORDER OCD? HOW ABOUT YOU MAKE A LIST OF YOUR WORRIES AND WRITE A DIALOGUE WITH YOUR OWN BULLY, IN THE HOPE THAT YOU CAN CONVINCING IT TO RELEASE FEWER BAD THOUGHTS? LATER YOU CAN PERFORM THIS DIALOGUE TO THE REST OF THE CLASS.

YOU AREN'T CRAZY! AND YOU DON'T NEED TO LIVE WITH OCD EITHER! **STEP BY STEP, SLOWLY, WE GET BETTER.**

