

**Avatar:** Alice is a 28-year-old woman. She developed OCD in high school and ever since after college, it's been bad.

She is obsessive about cleaning the house. But she also deals with a lot of anxiety and stress. She has to deal with constant intrusive thoughts that can be harmful to her mental mind.

She is desperately trying to look for medicine or treatment to get rid of OCD so she can live a life of peace around her friends and family.

**Roadblock:** Does not know how to get rid of OCD. Lack of knowledge

**Solution:** Know the methods and tricks to reduce and remove OCD.

**Product:** Online OCD course with methods on how to get rid of OCD.

## **FREE VALUE: Welcome Sequence (first three)**

### **Email 1: Welcome Email**

**SL:** Welcome to OCD and Anxiety Online.

Hey there <Name>,

You've just taken the first big step toward your mental transformation!

OCD is a disease that needs to be talked more about around the world.

As a certified therapist, I understand the stress and anxiety over your compulsive thoughts.

It is my goal to help people around the world get rid of this plague.

This is why I've created this free mini-course for you.

Over the next few emails, I'll be sharing with you my expertise and simple methods that ANYONE can use,

And take you from being forced to live by your intrusive thoughts.... To someone who can control their mind completely.

You've only just begun,

Nathan (The therapist)

## Email 2: Value HSO

### **SL:** I almost lost my mind

All my memories vanished from my mind after the huge fall.

Or was it a fall? It could have been my friend...

When I was 7 years old, I broke my leg falling down the stairs at school after getting shoved.

Many claimed to say it was me who jumped down and others say I was shoved.

Regardless, my memory disappeared from my mind completely.

Traumatic experiences like this can be the reason for OCD to occur in people.

I was later diagnosed with False Memory OCD.

An OCD where stories are created out of thin air,

Experiences that never even happened in the first place.

This OCD plagues many people today and is why I became a therapist.

I overcame this monstrous disease myself and have helped many others do the same using a well-known method made by certified therapists.

The method can be done by anybody reading this. I guarantee it.

[Click this video to find out what I did to destroy my OCD.](#)

## Email 3: Value DIC

### **SL:** Banish those thoughts forever

There are many different types of OCD.

False Memory ,  
Hit and Run,  
Scrupulosity ...

They all have one thing in common,

Uninvited guests in your brain.

Or known as thoughts.

This is the most common compulsion in any OCD.

You might be stuck in an endless maze of images,

A nonstop bullet train of thoughts.

There are ways to kick these guys out once and for all.

It's simple things that you can do every day to keep these intrusive thoughts locked away forever.

The methods I'm talking about are:

- Write your thoughts down
- Get physically active
- Take time to respond to these thoughts

Make sure you stay consistent and only use these strategies correctly.

[Click here to see how to perform each method the RIGHT way.](#)

**Fascinations:**

**You are the only one who can fix your mind**

**Your brain will never stop making problems**

**Make your brain stop creating new problems every second**

**Compulsions can kill your mind, literally.**

**“yeah ok i will”... did that phrase trigger you? - Grammarly was having a hard time with this one**

**OCD is not just obsessively cleaning your life away**

**OCD is not just being the cleaning freak**

**The number one reason why your OCD isn't disappearing**

**Are you stuck in an endless loop of thoughts?**

**Are you in a maze of thoughts?**

**Do you have thoughts that just never disappear?**

**Your thoughts can kill you**

**If you think therapy isn't the move... you need therapy**

**You need therapy if you think therapy isn't needed**

**OCD + Therapy = success**

**Do you live by your intrusive thoughts**

**Intrusive thoughts taking over your mind?**

**Have intrusive thoughts taken over your brain?**

**Is your brain filled with unwanted thoughts?**

**Get rid of your useless thoughts**

**Get rid of thoughts hanging around in your mind**

**Have unwanted guests in your brain?**

**Have uninvited thoughts in your brain?**

**Destroy the lingering thoughts in your mind**

**Destroy the useless thoughts in your mind**