heal ocd



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All unwanted thoughts leave my mind immediately. I am free from experiencing any intrusive thoughts. My mind is completely clear.
Unwanted thoughts quickly fade away for me. I quickly release any unwanted thoughts.
My intrusive thoughts do not define me as a person. My unwanted thoughts or images do not define me. My unwanted thoughts are separate from me. I am fully detached from my unwanted thoughts.

I peacefully detach from unwanted thoughts.

My intrusive thoughts are not true.

Any feelings of uncertainty I have about my identity are cleared.

Any feelings of uncertainty I have about myself are cleared.

I now have full control over my mind and my thinking.

I easily overcome any form of obsessive compulsive disorder.

Any symptoms of obsessive compulsive disorder are completely gone now.

I feel my mind clearing all my unwanted thoughts.

I allow intrusive thoughts to pass through my mind without resistance.

I allow intrusive thoughts to pass through my mind without resistance I stop overthinking the intrusive thoughts that pop up in my mind. I fully and permanently release overthinking. I have no need to overthink. I do not react to my intrusive thoughts.

A thought can be just a thought and nothing more.

Lam free of obsessive thinking

I easily let go of my intrusive thoughts.

My mind is steady and I am at peace

My obsessive compulsive disorder is separate from me and my true thoughts.

My obsessive compulsive disorder disappears immediately

My obsessive compulsive disorder is completely and totally gone.

My mind is forever free of any and all forms of obsessive compulsive disorder.

I am permanently free of all forms of obsessive compulsive disorder.

Any effects of my obsessive compulsive disorder disappear immediately.

Any effects of my obsessive compulsive disorder disappear permanently.

I resist any and all urges I experience from my obsessive compulsive disorder.

I am permanently free of any and all urges I experience from my obsessive compulsive disorder.

Any and all urges I experience from my obsessive compulsive disorder disappear.

Any and all urges I experience from my obsessive compulsive disorder disappear permanently.

I am free of all bad karma.

My anxiety is rapidly healing.

My mind automatically knows all of my ideals for subliminals.

My mind is permanently cleared of all intrusive thoughts.

I find the perfect subliminals for me at all times.

I am detached from the outcome of subliminals.

All of my desired subliminals work for me in one listen

I receive full results from my desired subliminals in one listen.

I easily let go of things I can't control

Any and all intrusive thoughts are now leaving my mind.

Lam not what my obsessive compulsive disorder says Lam.

I am fully clear of any brain fog or unclear thinking

I have full-fledged thoughts without any anxiety or worry.

All of my worrying thoughts are completely gone.