

heal ocd



* ✨ •° Benefits ↘

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.

