

OCD Fear Control and Exposure Therapy

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Transcript

0:00:00	Hello everyone and welcome to the Healing and Freedom Journey. Your brother from another mother here Mark DeJesus walking with you. In this journey I'm all about mental, emotional and relationship health. And if you are too, then you've come to a great place today as I'm going to talk about OCD fear, control, and exposure. Hmm. How am I going to fit all that into one video? Well, I'm going to talk about how OCD has a fear and control factor involved, which I've talked about in some other videos on control. But I'm going to also talk about exposure therapy and how that's actually going to confront our control issues. And I'm going to use someone's question that was sent in to kind of illustrate the process of how we are learning to face our fears, walk through our fears while learning to relearn what love is, what safety is, and learn to face our fears, let go of our control issues and actually experience greater freedom. This is going to be based on the book The OCD Healing Journey which I'm actually teaching a course on this right now. In fact, right now I am teaching on control issues in that in the Healing and Freedom community which is available today. If you want to join that and take a next level investment in your journey by going to Marktejesus.com and clicking on the Community button and you can go right into that. Please be sure to like and subscribe by the way, go to Marktasus.com to subscribe to my weekly newsletter.
0:01:28	And also there you can support our broadcast by clicking on the donate button found at my website. Shall we get into this? OCD control, fear and exposure therapy. As I have said already, if you have OCD issues, you have control issues. Just like if you have OCD issues, you have perfectionism issues. They're not separate from each other, they influence. And control is part of the seven distortions that I teach on. If you're familiar with my work, I emphasize the understanding of these distortions that are cycling through you whenever you're in the middle of a spin out.
0:02:05	Underneath the OCD is control issues. It's all about control. Underneath the control is fear. Underlying fear is areas of brokenness, areas of emptiness, areas where we don't feel safe. And control has taught us you'll feel safe if you follow this lifestyle. And at first we feel like it's helping us, but then it's actually imprisoning us. In the comment section of one of my past videos, Adrian 327 hello. Adrian said this control makes us feel safer but it's actually making us crazy.
0:02:45	Thank you. Very, very good comment. Appreciated that, wanted to highlight that. So thank you. Adrian. Adrian. Adrian. Do you know some people don't even know what that joke is when you do the Adrian I remember even as a pastor in my I want to say my late twenty s, I was walking by one of the teenagers in church, and I think he had said something about somebody named Adrian. I said, yeah, Adrian. And he looked at me

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	like, something wrong with you. I go, Adrian, you don't get it.
0:03:24	You haven't seen Rocky. That's the early stages. I'm like, I'm in my twenties and I'm feeling old. This can't be happening. This can't be happening. Anyways, get back on track, Mark. Get back to what you're talking about here. We're talking about control issues. So in order to work through let me lay this out again. In order to work through OCD issues, we have to recognize our control issues. And we're going to have to recognize underneath the control is fear.
0:03:54	Letting go of control actually helps you to see the fears that have been driving all along. And many people don't want to deal with their fear, so they stay in their control issues about their thoughts, about their environment and about how they relate to the world around them and their relationships. So when you let go of control, what do you immediately do? You raise fear to the surface. But what we need to do is walk through it to relearn what safety is.
0:04:29	Now, what I like to encourage people to keep in mind though, is we're all learning to experience the love of the Father, which the Bible says, perfect love casts out fear. The love that God has for us isn't a love where you just sit in a bubble all day and you never walk through anything that is wanting to stir up fear. No. In the love of God, we face our fears. We're learning to practice God. You love me in the midst of all these things I am facing because I'm learning to be safe in you.
0:05:02	But I'm not learning to be safe by just living in avoidance, by just trying to create a bubble, right? And so when you face the fears, many of us are realizing the fears that project that keep us in torment, keep our control issues. We have this mindset you develop of okay, if that happens, I'll face it, then there's an aspect of okay, wherever that fear is pointing to. If that happens, it happens.
0:05:31	And part of even what's called exposure therapy is you learning to face your fears without giving into your compulsion. And for many, you're realizing your compulsive, fixing whatever you try to do over your obsession is a control mechanism. Your compulsion is driven by control. That's why you feel all this surging through your body. I got to do something or else. I've got to do something or else. I've got to do something or else.
0:06:03	Let me say it this way out of my book The OCD Healing Journey. It's important to realize that the pressure surrounding all control issues is fear. Control becomes an extension of all the fears that instigate an obsessive spiral and compulsive action. OCD strugglers have such a fear of losing control they often feel like they are losing control. Quite often their distorted interpretations and inflamed uncertainties tell them that all the time they feel they need to regain control or else.

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0:06:36	Or else what? Or else what? You see, under the work of control, we let fear dictate our lives. And we are constantly focusing on what we fear. Or else what? Folks? If I lose control, my life is going to fall apart. If I lose control, something bad's going to happen. If I lose control, people are going to go to hell. God's going to leave me. I'm going to do something with these thoughts. I'm going to mess up my marriage. I'm going to destroy my family.
0:07:06	I'm going to commit a sin. And this will be the unpardonable sin. Maybe I've already committed the unpardonable sin. I will lose relationship with God. I will lose this relationship with this person. My business is going to collapse. People reject me. God will banish me. If I don't live in this mechanism, my world will fall apart. And so we're learning how's that working for you? How is that working and helping because what it's actually doing is imprisoning you more.
0:07:31	Because by letting go of control, we learn to walk through our fears instead of fear being the boss of our life. Because in our control issues, we don't face our fears. And so this is why something like exposure therapy can be helpful where you are learning to face fears. And in my teaching, I'm about helping you live an exposure therapy life where first you starve your compulsion when the obsession kicks up.
0:08:02	That right there is part of you letting go of control because you're no longer acting in a way of trying to fix it. And you're being loving to yourself, being gentle in your thoughts. Because the more that you try to amp yourself up with your responses, the more fear just amplifies the thoughts. You're learning to be loving and gentle and kind to yourself. And that then places the thought in perspective versus dominating your thinking because of the fear it has over you.
0:08:29	So let me illustrate this by helping someone understand their exposure therapy that they are getting. And they wrote to me about this. Okay, here we go. And this is what I'm doing here. I underlined some places in the question to help point out some things. So you see, because where I underline is where distortions are in play. And I'm going to react to this and kind of walk through this a bit. This past summer, I did some counseling with NOCD, an organization. You can find it online.
0:08:57	The ERP therapy. Exposure response prevention is what that stands for. You're exposed to the fear, but you do not do your response, which is your compulsion, okay? So that you learn how to walk through this and it doesn't have power over you because once you walk through it more and more and more and more the fear dialed down. Now this subject can be put more into healthy perspective. Okay. The ERP therapy helped me with my perfectionism and responsibility. OCD, that's amazing. That's awesome.
0:09:30	But I am a work in progress. That kind of sounds like is that like a downer? You're saying something good. But I am a work in progress. Yes, you're a work in progress. That's a

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	<p>good thing. I felt like the missing piece to the counseling, we do this a lot, right? It's not just right. There's a missing piece. I got this puzzle. It's such a common thing we do in our perfectionism and obsessiveness. This is this missing piece. It's just I'm getting help. Things are going won't be it. But we're fussing.</p>
0:10:04	<p>We're not allowing the celebration. Celebrate. You're making steps. You're making steps of progress here. Focus on what is helping and progress making versus checking all the areas that you feel aren't lining up. And for you, you feel like the missing piece and I understand what you're saying here. I felt like the missing piece to the counseling was that it wasn't Christian based. Now I understand because on one hand, many are saying the OCD is helpful, but it's not Christian based.</p>
0:10:38	<p>But when I go to Christian based, they don't understand OCD. So they're chasing the subject. I'm talking about. I'm spinning about the unpardonable sin. And now the person helping me is showing me all scriptures and this and that we're trying to walk through. And the problem is not the problem. Right. So I understand this. Right. But don't let the fact that maybe it's not Christian based to not let it be the help that it needs to be.</p>
0:11:02	<p>Because facing your fears is Biblical. Facing your fears is biblical. So if it's someone in your church that encourages you to face your fears or your teacher at school or your boss at work that encourages you to face your fears, know that conceptually this is biblical. So anyway, just \$0.10 on that. But this missing piece thing will get you spinning. And I got to check. I need this cause you to do too much fussing. Okay.</p>
0:11:34	<p>And here you say I'm a Christian, but I have some complicated feelings. There is distortion number seven, the difficulty with emotions. I have complicated feelings. When OCD is surrounding your feelings, it's going to distort them, especially guilt, especially anxiety, especially confusion. And then you're deep diving and trying to figure out this thing. I have this doubt about God, of this thing over here. Now you're fussing over that instead of focus on what is helping and keep moving forward in that. Otherwise you're going to be obsessively and compulsively. Checking, checking, checking. Okay.</p>
0:12:14	<p>And I don't feel like I will. Here we go. Here's your perfectionism. I don't feel like I will truly get better until I figure all that out. Ladies and gentlemen, this is classic epic level perfectionism woven into OCD right there. I could not have written a better example myself. And this is something that and maybe I'll do this more and more. I'll take the question and actually just highlight all the areas because seven distortions are within all of this.</p>
0:12:51	<p>If you read it carefully, okay, I'm not going to get better. So this is working against you. Just so you know, this statement is working against you. You won't get better. You are getting better. You are actually getting better. And now this is standing over your</p>

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	<p>shoulder. I got to figure all this out. It's got to be that just right, counselor, that's just going to help me. No, you're already getting help.</p>
0:13:16	<p>And there is no such thing as perfect help from a human being anyways. For example, okay, so now this is where the crossover of Christianity and OCD seems to be in conflict. For example, in ERP therapy, you have to just accept worst case scenarios and say, yes, whatever that is, could happen. OCDs interpret that as meaning you believe that's going to happen, and you're saying yes to that happening.</p>
0:13:50	<p>Okay? OCDs often believe that this practice of exposure is and just saying, okay, that could happen. Okay, whatever this could happen, this could happen, this could happen, is letting go of control, and it is not feeding fear and living in the present moment. OCDs can go. That means I'm agreeing with it. It will happen, it should happen, or I'm believing it could happen. And I'm agreeing with that as a way of life.</p>
0:14:28	<p>This is about letting go of control. This is about letting go of your compulsion and relearning what safety is. Now, I'm going to go further because here's where letting go of control is important in this specific, because this gets into witnessing to people and people going to hell. Most Christians probably feel a certain amount of responsibility. So there's number five, inflated responsibility. And you're going to see throughout this I didn't mark it, but you're going to see the overestimating of threats, number four in this because it has to do with witnessing to people and their eternity in hell and all of that, okay?</p>
0:15:06	<p>Responsibility to bring their friends and loved ones to salvation through Christ. Here's the distortion. The distortion is that it's on me to win you to Christ. It is my burden to do that work. And this is where we forget it's the Holy Spirit's work. How many of you have told someone over and over and over and over and over again and nothing happened? And another moment, you said it once and somebody's life was impacted deeply.</p>
0:15:42	<p>That shows us it's a work of the Holy Spirit. We're just vessels. But many people carry on the burden as though they are Jesus Christ. The weight of the world is on their shoulders. So this false responsibility happening here, you're not carrying anyone's eternity on your shoulders because this feeds compulsive witnessing. Many believers are compulsive witnesses I got to tell you about Jesus. I got to tell you, everything has got to turn into do you know where you would die if you went tonight?</p>
0:16:17	<p>Compulsive in praying for healing, for people, compulsive in having to say something biblical in a certain moment, compulsive in how we're trying to help people. We carry the burden. You are not called to carry the weight and burden of other people's sins, other people's decisions. We become codependent. We become burden bearers in a false, toxic way, and fear will feed this. Yeah, but what if? And that's on you.</p>

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0:16:49	I remember even as a teenager, hearing messages of people standing before God and they are sent to an eternity in hell. And the person in the illustration that the preacher was saying, that person turned and looked at me and said, why didn't you tell me? Why didn't you tell me about Jesus? As they were being dragged away. And really, it's a manipulative sermon. It's a manipulative, fear based sermon to try to get someone to do more, to do more, to do more, to do more rather than just being a vessel and when the opportunity arises, learning to be led by the Spirit instead of being driven by compulsion.
0:17:24	And Christians, we are very compulsive and doing things, and that's why we don't even know how to hear what the Holy Spirit is doing or what God is doing, because we respond to any kind of disturbance, thinking that's God and we react to it, and we live that way. Are you following me yet? I'm getting passionate here. My Puerto Rican side's rising up. So I try to bring my friends and you're just being a vessel the Holy Spirit brings them.
0:17:55	The Holy Spirit is the one doing this work. All around you're a vessel. God uses you, but don't confuse that with the weight of it being on your shoulders. Okay? But with my OCD, it feels like an obsession. And accepting the worst case scenario is more than I can handle. Okay, maybe we should put a Jaws in there. Maybe I got to throw Jaws at this one, I think. Okay. With OCD, so at least you know it's OCD. This isn't the Holy Spirit. This is OCD.
0:18:29	Right. And for you, this subject is distorted. So in, ERP, the worst case scenario being portrayed, what happens if these people don't receive Christ and end up in eternity separated from God and it ties in? This is weighing on you. That is an ungodly burden. It's not of God. Be released of it today in the name of Jesus. In Jesus, that burden is not on you. You are responsible to just live your life and take opportunity when opportunity arises, when they ask for the hope that is within you, the Bible talks about.
0:19:13	Right. So I'm going to fill in the spaces here because you said, accepting the worst case scenario is more than I can handle. So you're seeing ERP as, okay, these people not accepting Christ, and I accept that and accept they're going to hell. And I'm imagining it, I'm watching it and I'm accepting all this. It's like watching a horror movie for you. The exposure therapy is not to watch. Imagine someone in a flame of fire and you enjoying it.
0:19:44	Oh, this is fine. This is okay. Yeah, that is terrible. But it is being interpreted to you in a way that it now triggers burden for you. Exposure therapy is recognizing, yes, that could happen. God Himself says he's not willing that and he should perish, but that all come to Him. Will there be people that reject him? Yep. And He Himself doesn't try to control people's decisions. So if we are living in the fruit of the Spirit and we have the nature of Christ within us, why should we live that way? If the work of Christ, the work of the Holy

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	<p>Spirit, and the work of the Father does not control people, who are we to live in control mechanisms?</p>
0:20:27	<p>So exposure is actually letting go of control and accepting that people will make decisions that you can't control. So exposure is not just watching the worst case scenario in your mind and just going, this is great because I know that's where people go. But accepting that could happen, I'm not in control of that. And it now places you in proper perspective in the body of Christ, because each of us is a vessel.</p>
0:20:56	<p>How many people have you talked to and they didn't listen? There's an ache to that. Right. But don't let that become now an obsessive burden that you carry that's now stealing your ability to walk in peace. You'll share the gospel with people and they won't listen. Yeah, it's sad. Welcome to the club of people not listening. I go through every day of people not listening to things I share that I am so passionate about, and I want to help them, but I cannot carry the weight of people's decisions in my own body and mind and emotions.</p>
0:21:35	<p>That's an ungodly burden. We may feel the ache, and the ache works through us, and we grieve, but don't let that now be unproductive. Where now you continue in your compulsive behavior? I just recently found you, and I've resonated so much with your videos and the things that you write. If you have specific books, videos, or articles that you think would help me I think I do. It's called the OCD Healing Journey. You can also get access to a lot of materials by going to my OCD Help page. Markdace.com</p>
0:22:14	<p>OCD help. I would love your recommendations. It feels like, listen to this. I'm not making this up. This is sent into me. This is the mindset of what many of you brothers and sisters are carrying. It feels like I have the weight of the world on my shoulders. So no wonder we're stressed out. Burdened out and tormented. We're carrying all seven of these perfectionism just right, but never enough. A struggle with uncertainty.</p>
0:22:41	<p>What if they were to die today? What if they don't? What if they end up in hell? What if they end up for eternity? What happens if they don't? And so then the threat increases. I've got to do something. Fears inflamed. And now, number five, boom. It's on you. You got to make this happen. And so the control issues come up, and then meanwhile, you're swirling in emotions, struggling to land. I want to be a brother from another mother. And knowing I'm knowing while I'm sharing this with you, knowing people will listen and not get it. People will listen and stay in the same patterns and not deal with their control issues.</p>
0:23:16	<p>I accept that. I accept that because there was times I didn't. And I would try harder and speak longer and more intense and try again and again and again and again, and I'd lose my peace. And many of you need to take your peace back and know you are a vessel, but you're not responsible for the decisions that people make in their journey. You can</p>

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	share truth if they're willing to listen. You're going to have to be patient. You're going to have to let go of the burden. So the weight of the world is not on your shoulders.
0:23:45	No. In fact, Jesus said, my burden's easy. Mine's light. Take what I've put on you. It's not this weight you're carrying. I've only given you a tiny glimpse of what I struggle with, which is a common OCD thing. It's like I got to share more details. You need to really understand how this happens. No, I got enough. This is very concise. Gave me right on what I needed to give you feedback and open to one on one counseling as well, too. Thank you so much for taking the time to read this. Your content really hits home with me, and I feel so comforted and less alone when I listen to you. Well, let me tell you, it is an honor to be a brother from another mother, to make you realize you're not alone.
0:24:24	And I wish I could get everybody who writes to me and I work with and to get them all in a room together, because they'd realize, wow, they all have the same battle and the same struggle. And if that's you, get a copy of the book. Begin your own journey today. And do me a favor just like and subscribe. This helps. And sign up for the email newsletter. I usually write about once a week to let you know what's going on. And please consider supporting these videos because it is a passionate working of God in and through my life.
0:24:54	It's what I feel called to do, and it's an honor to be able to share that. You can also join the healing and freedom community if you want to take a next level investment, which is where I'm teaching on this book material now. Well, Lord willing and the creek don't rise. It's me, your brother, from another mother, saying, I'll be back with more insights for your healing and freedom journey. But in the meantime, I'm out.
