

# ERP Games for Living Joyfully with OCD

## The Four Questions Game

1. What changes am I going to make from this point forward?
2. What feared outcome is the OCD using to threaten me—this is, what might happen if I make this change?
3. What is likely to happen if I continue to obey my OCD and don't make any changes?
4. What is my purpose and Greater Good (remembering JOY) such that I am willing to make these changes and defy my OCD?

