

# WRITING YOUR ANNOUNCEMENT

Here is a framework on what to include in your announcement.

## VALIDATE THEIR FEARS

E.g. We understand how worried your OCD makes you feel when we don't wash our hands.

## HIGHLIGHT AREA OF STRUGGLE

E.g. We get that your OCD thinks we are contaminated if we touch certain things in the house.

## TALK ABOUT YOUR BEHAVIOR

E.g. We thought we were helping by washing, but now we realize that we were growing your OCD.

## TALK ABOUT YOUR CHANGE

E.g. From now on when your OCD wants us to wash our hands, we are not going to do it.

## TALK ABOUT SUPPORT

E.g. We are happy to setup more therapy sessions for you. Grandma has also agreed to be a supporter for us.

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Now your turn! Write a draft of your announcement below.