

NEVER say NEVER



*In the midst of the seemingly endless storm,
look to the promise of the rainbow -
the rain shall not prevail!*

Spring/Summer 2019

More Inspiration for Change

In the Fall 2015/Winter 2016 issue of this newsletter, we presented a collection of different items - articles, poems, quotes, and internet memes - that we could use to inspire and motivate us as we face the challenge of OCD. When you find words or images that really resonate with you, it is like finding a hidden treasure, a rare and precious gem that reaches out and touches you. The wisdom and beauty that comes to us, whether from sages of old or those more contemporary, whether from art, written word, or music, makes us stronger, makes us say "Yes, I can."

If you don't have or haven't seen the Fall 2015/Winter 2016 newsletter, you can get it from our website, www.ocdmich.org. In this issue of *Never Say Never*, we bring you Volume 2, More Inspiration. As always, we wish you strength, healing, and peace.

COMING SOON FALL PROGRAM

Neuroscience & Cognitions in OCD

Join us for a double-barreled serving of facts and information. First, an explanation of the neuroscience of OCD in terms we can all understand. Then an overview of Exposure and Response Prevention (ERP) and how to address the cognitive distortions that are at the heart of OCD thoughts and fears. Our presenters are Dr. David Tucker and Dr. Angela Fedewa from Wayne State University Counseling and Psychological Services (CAPS).

For more information, see our website ocdmich.org or our [Facebook](#) page. RSVP to ocdmich@aol.com or call 734-466-3105.

THE OCD FOUNDATION OF MICHIGAN

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NEVER say NEVER

is the quarterly newsletter of The OCD FOUNDATION OF MICHIGAN,
a 501(c)(3) non-profit organization.

Please note that the information in this newsletter is not intended to provide treatment for OCD or its associated spectrum disorders. Appropriate treatment and advice should be obtained directly from a qualified and experienced doctor and/or mental health professional. The opinions expressed are those of the individual authors.

To submit articles or letters, write or e-mail the OCDFM at the above addresses.

LIST OF SELF-HELP GROUPS

ANN ARBOR:

1st Thursday, 7-9 PM
St. Joseph Mercy Hospital Ann Arbor
Ellen Thompson Women's Health Center
Classroom #3
(in the Specialty Centers area)
5320 Elliott Drive, Ypsilanti, MI
Call Bobbie at (734) 522-8907 or (734) 652-8907
E-mail OCDmich@aol.com

DEARBORN:

2nd Thursday, 7-9 PM
First United Methodist Church
22124 Garrison Street (at Mason)
In the Choir Room (enter under back stairs)
Call Bobbie at (734) 522-8907 or (734) 652-8907
E-mail OCDmich@aol.com

FARMINGTON HILLS:

1st and 3rd Sundays, 1-3 PM
BFRB Support Group
Body-Focused Repetitive Behaviors
Trichotillomania and Dermatillomania
(Hair-pulling and Skin-picking)
Beaumont Hospital Botsford Campus
Administration & Education Center, Classroom C
28050 Grand River Ave. (North of 8 Mile)
Call Bobbie at (734) 522-8907 or (734) 652-8907
E-mail rlade9627@aol.com

GRAND RAPIDS:

Old Firehouse #6
312 Grandville SE
Call the Anxiety Resource Center
(616) 356-1614
www.anxietyresourcecenter.org

Anxiety Disorders

Meets every Wednesday, 4:30 to 5:30 pm and
7 to 8:30 pm (two groups offered at this time to keep
group size smaller)
A weekly support group open to anyone who has an
anxiety problem (including trichotillomania and
Obsessive-Compulsive Disorder).

Teen Anxiety Disorders

Meets every Wednesday, 4:30 to 5:45 pm
A weekly support group open to teens aged 14-18
who have an anxiety problem.

Open Creative Time

1st Wednesday, 6:00 to 7:00 pm
Take your mind off your worries by being creative.
Bring a project to work on or enjoy supplies that are
available at the ARC.

Social Outing Groups

Offered once a month.
Dates and times change.
Check the ARC website for current listings.

LANSING:

1st Monday, 7-8:30 PM
Delta Presbyterian Church
6100 W. Michigan
Call Jon at (517) 944-0477
E-mail jvogler75@comcast.net

LAPEER:

DISCONTINUED

PETOSKEY:

DISCONTINUED

ROYAL OAK:

NOW, TWICE A MONTH!

1st and 3rd Wednesdays, 7-9 PM
Beaumont Hospital, Administration Building
3601 W. Thirteen Mile Rd.
Use Staff Entrance off 13 Mile Rd.
Follow John R. Poole Drive to Administration Building
Park in the South Parking Deck
Meets in Private Dining Room
(If the building is locked, press the Security button next
to the door, tell them you are there for a meeting, and
they will buzz you in.)
Call Kevin at (248) 302-9569
E-mail kevinkuhn2015@gmail.com

OCD Mantras vs. Recovery Mantras

By James Callner

(Definition of Mantra/ man·tra mantrə / noun
a statement or slogan repeated frequently.)

OCD has the mantra of, “One more time.”

Recovery has the mantra of, “I’ll take the risk to stop.”

OCD has the mantra of, “What if?”

Recovery has the mantra of, “I don’t know, so I’m going to stay in this moment.”

OCD has the mantra of, “You’re not going to be okay.”

Recovery has the mantra of, “I can handle whatever comes my way.”

OCD has the mantra of, “If you don’t think this thought or do this thing, disaster is on its way.”

Recovery has the mantra of, “I’ll handle what life brings me because I’m stronger than I think.”

OCD has the mantra of, “You have to.”

Recovery has the mantra of, “Bullies don’t tell me what to do.”

OCD has the mantra of, “You’re never going to get better.”

Recovery has a mantra of, “Thanks for sharing, but I’m not buying that.”

James Callner is a film maker, educator, and public speaker specializing in OCD and anxiety disorders. He provides inspiration and recovery techniques through his website [OCD Coaching Videos](#) and Facebook page [OCD Coaching Videos & Words of Wisdom](#). His films and videos, including “The Touching Tree,” “In the Shoes of Christopher,” and “The Risk” can also be found on his YouTube channel.

The Four-Year-Old Bully Called OCD

By James Callner

Ever notice that OCD does not grow old? I mean think about this. At least for me, who has been around this disorder for 35 years, I recently recognized that OCD stays the same age - about four years old. That is, a four-year-old bully always in a tantrum. Even if you are four years old you don't have to engage with a bully. We all get older but the obsessions and compulsions pretty much stay the same. We become wiser, more aware, more compassionate - but the four-year-old bully replays the same old bullying messages. "Don't think that or you'll harm someone, keep washing because all germs are bad, you'll get sick if you don't do what I say." It just goes on and on. It's the same messages I was getting 35 years ago but now I look at OCD as a four-year-old bully and that changes my perspective. Just the thought of a bully mentally pushing me around helps me challenge OCD. It does take practice but we have the power to be the adult in the room.

Words of Wisdom

"I can feel guilty about the past, apprehensive about the future, but only in the present can I act. The ability to be in the present moment is a major component of mental wellness." - Abraham Maslow

"When the Japanese mend broken objects, they aggrandize the damage by filling the cracks with gold. They believe that when something's suffered damage and has a history it becomes more beautiful." - Barbara Bloom

"The cave you fear to enter holds the treasure that you seek." - Joseph Campbell

"Do the thing you fear and the death of fear is certain." - Ralph Waldo Emerson

"Rock bottom became the solid foundation on which I rebuilt my life." - J. K. Rowling

"If you wait for the perfect moment when all is safe and assured, it may never arrive. Mountains will not be climbed, races won, or lasting happiness achieved." - Maurice Chevalier



What helped me . . .

(from Nancy Ellen Vance)

Many years ago, when I was writing a book on Relationship OCD, I became very upset (actually distraught) about the errors in my book. Our good friend and Board member Terry Brusoe said to me:

“Strive for excellence, not perfection. Your book is excellent; it’s helping others. I know that’s what your goal was and you achieved it.”

Good advice to give to someone struggling with perfection--especially an individual with OCD issues.

Leave your front door and your back door open.
Allow your thoughts to come and go.
Just don’t serve them tea.

Shunryu Suzuki

“There is a battle between two wolves inside us all”. He said.
“One is scared, angry, resentful, malicious and a liar...Whilst the other is joyful, peaceful, kind, empathetic and true”.

She thought about it and asked
“Well which one wins??”

He quietly replied
"The one you feed."



FROM THE NEVER SAY NEVER ARCHIVES:

*This gem appeared in the Fall 2015/Winter 2016 issue of **Never Say Never** and is one of my favorite pieces from that collection. (rws)*

To be able to fly in life you need both wings,
left and the right one. For the wing of
happiness there is hurt; for accomplishment
there is fear; for injustice there is forgiveness;
for grace there is humility; for giving there is
taking; for rejection there is acceptance and for
the wing of letting go there is the wing of love.

Two beautiful wings is serenity... but most
people only idealize perfection. And they
believe that it is the existence of only one of
these wings every time that will make them
'perfect'. But a bird with one wing is imperfect.

An angel with one wing is defective and a
butterfly with one wing is dead. So these
people who strive to always cut off the other
wing in the hopes of becoming perfect...
will *never* be able to fly.

LOOKING FOR A WAY TO OCD RECOVERY
WITHOUT HAVING TO DO EXPOSURE
THERAPY IS LIKE TRYING TO LEARN TO
SWIM WITHOUT GETTING WET.

*Trying to avoid anxiety
to improve mental
health is like trying to
avoid sweat to improve
physical fitness.*

**Worrying is like walking
around with an umbrella
waiting for it to rain.**

**Worrying is like paying
a debt you don't owe.**

Mark Twain

FROM THE NEVER SAY NEVER ARCHIVES:

(This article appeared in the Winter 2010 issue of
Never Say Never)

OCD - The Other Side of the Rainbow

By Christian R. Komor, Psy.D.

*You do not need to leave your room.
Remain sitting at your table and listen.*

Do not even listen, simply wait.

Do not even wait, be quite still and solitary.

*The world will freely offer itself to you to be un-
masked.*

It has no choice, it will roll in ecstasy at your feet.
- Franz Kafka

Perhaps this article would be more appropriately titled “The Other Side of The Storm” since for many of us with Obsessive Compulsive Disorder and other OC-Spectrum disorders our life can feel like a storm. Pelted by random and useless messages from our brains, we struggle to keep our heads above the waterline of our rituals and compulsions. Anyone who has struggled with Obsessive-Compulsive Disorder or other compulsive dysfunctions knows how compulsions can come to replace natural spontaneity, aliveness and the ability to approach life from a centered sense of self. They become, in a sense, “other gods” that we worship through our rituals.

As part of our recovery from OCD many of us challenge ourselves to set exposure and response prevention G.O.A.L.S., confronting our “other gods” through proactive behavior change. As difficult as these behavior change goals can be to achieve, we should not mistake them for more than intermediate steps between the agony

of obsessions and compulsions and the life that we are seeking. Beyond the pain of OCD, and the hard work of behavior therapy, there must lie some reward – something we can look forward to. A pot of gold, as it were, at the end of the rainbow. Why is it that those of us with OC-Spectrum disorders so seldom talk about what life can be like without obsessions and compulsions?

We are living at this very moment in the Garden of Eden. Surrounding us is a world of unbelievable beauty, peace, and utter fulfillment created, many of us believe, by a loving God. We can see and experience the hand of grace in the sunlight glistening off the water, the wind drifting through the trees, the rains nurturing the earth. Even better, we have an amazing variety of fellow creatures with whom to share this. Truly our world is a garden of delights waiting to be experienced. Each moment we are alive on this earth holds the potential for joy, fulfillment and serenity. Life is inherently designed to be a wonderful experience. Just the basics of being alive (eating, breathing, working, sleeping) can be incredible *experiences*. The pot of gold at the end of our recovery rainbow, it turns out, has been right here under our noses all the time. The problem is, wrapped up in our obsessions and compulsions, we have been unable to open it. Our compulsions block us from entering into a spontaneous, alive and rewarding experience of living. Cognitive and behavior therapies are simply the tools we use to achieve our ultimate goal of aliveness and health being!

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It is important to understand that the power of spontaneous being is within us from birth and does not disappear. Rather it is covered over by compulsive behavior generated by misfiring neurons from our brains. Healthy being is the polar opposite of obsessive-compulsive behavior. Paradoxically, those of us with OCD are in an excellent position to experience and appreciate healthy being. Without the struggle of obsessive-compulsive behavior we are less likely to appreciate the sweetness and joy of healthy being. A Zen poem captures this idea well...

“My barn having burned to the ground,
I can now see the moon”

We have all had times when we connected with this state of healthy being - On a vacation when we let our guard down and truly relaxed or after challenging ourselves successfully with a piece of exposure and response prevention work. When approaching life from the perspective of healthy being, the inherent perfection and spiritual harmony in the natural world can be experienced. In the state of *being* a powerful feeling of aliveness and connection to our bodies is experienced. The environment seems to come alive and we may be thrilled with the wonderful elements of the natural world. A sense of release and letting go in our relationships is developed so that others are accepted rather than controlled, or treated as objects of dependency. A sense of destiny and an acceptance of the flow of life is also likely to be present along with a deep awareness of one's Higher Power.

Healthy being leads us to:

- Make decisions and choices out of self-ownership rather than an externalized ideal of how things “should” look.
- Accept all experiences in life as holding potential for personal growth and enhancement.

- Carry with us an inner resolve to relax fully in all situations – even when it seems we should be tense and upset.
- Focus our attention on the present moment rather than on our fears and projections regarding the past or future.
- Listen to our spontaneous inner voice as opposed to the voice of our obsessions.
- Be committed to transparency and congruency in relationships so that we interact with others as our true self rather than a façade.
- Enjoy the process as much or more than attaining goals.
- Balance our time between self-care and self-wear.
- Be patient and persevering in our approach to life and our own growth process.

Words and ideas cannot really capture the *feeling* of being. There is no way to *know* what it is really like to be in touch with your spontaneous self except by *direct experience*. You will know what it is like to *be* when you have been there and not a minute before that! Most people recognize the spontaneous sense of aliveness that is characteristic of being and slowly begin to learn the individual psychological path they must follow to return to it again and again. Just as we develop the ability to walk, not from being told how or “figuring it out,” but by actual trial and error, so do we gradually develop an inner *experience* of what it is like to *be*. Gradually the awareness of the being side of living grows stronger and life without beingness begins to look flat and unfulfilling.

The increased ability to “just be” also means that the healing compulsive person is less likely to be acting out through rituals and fear-driven behaviors to avoid feelings and especially anxiety. When healing from obsessive-compulsive

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behavior, we begin to pay increasing amounts of attention to what we feel inside. Instead of compulsive rituals or accomplishing things, we spend more time feeling feelings and sharing them. At first these feelings may seem like weird aliens within, but gradually we learn to listen to them even when we don't know for sure where they will lead. We develop a sense of trust in our destiny and an ability to take up the thread of our feelings knowing that the total fabric will show itself eventually.

What can help provide the courage to make the journey from doing to being is the awareness that even a lifetime of material success and good work *pales when compared to even a few hours of true beingness*. When we are brave enough to face down shoulds, we make a contribution to the world that is as real as it is difficult to measure. When you think of the people who have most influenced your life or those you have felt most loved by, it is likely you will find that they had a strong quality of being about them. When we are into beingness, wonderful things begin to happen to us and around us and other people benefit either directly or indirectly.

As part of an ability to live in the moment, we learn the importance of the five senses. In healing we discover that it is those experiences that involve the *senses* that are most enjoyable and that are most real. We become able to be still long enough to appreciate the smell of a spring afternoon, to feel the warm sun in the morning on the way to work, to enjoy the cool water we drink, to make love and take pleasure in the sensuality of the experience, to feel our bodies and sense the messages they have. We begin to see the intrinsic God-given value in what we sense. Our experience becomes a teacher as well as a guide.

Coming home to our self is a wonderful feeling. In the midst of obsessive-compulsive behavior we may even have stopped believing that we still exist. It

sounds funny, but many recovering obsessive-compulsives will say that they had even forgotten what it *felt* like to be their true self! Recovering from obsessive-compulsive behavior means finding our identity as people again. We recover the person we were meant to be.

As someone who has been traveling this road I can assure you that you *are* still the wonderful human being that you started out to be. When you begin to recover your sense of really *being*, you will know this is true. In those moments, hours, or days in your life when you have been able to move beyond obsessive-compulsive behavior and feel really at peace you may have experienced a sense of serenity and wholeness, a sense of somehow being different. Instead of feeling separate from the world and other people through attempts to control, such moments bring a sense of flowing — of being part of life in a deeply spiritual and fulfilling way. When we are deep into obsessive-compulsive behavior, it helps to remember that sense of serenity is always there *inside* waiting for us to shift perspectives and behaviors enough so that it can *come out*. The end of the recovery rainbow is right here, right now. It's time we talk about it.

*Christian R. Komor, Psy.D. is a nationally-known clinical psychologist, practicing since 1982. He combines over 20 years of clinical experience treating Obsessive Compulsive Spectrum Disorders (OCSO) with discoveries from his personal recovery from OCD. Sponsored by PESI Healthcare, he has trained thousands of professionals in over 100 cities around the US in optimal treatment methods for OCSO. Dr. Komor is the author of **The Obsessive Compulsive's Meditation Book** (2000), **OCD and Other Gods** (2000), **The Power of Being** (1992) and nearly 2 dozen other books on OCD and related topics (most available at Amazon.com). Dr. Komor is the founder of the OCD Recovery Center of America (www.ocdrecoverycenter.com), which now offers intensive outpatient Housecalls and Telemedicine services throughout the United States and abroad. Dr. Komor can be reached at dr.komor@gmail.com.*

PARTIAL HOSPITALIZATION PROGRAMS

There is a treatment option available for adolescents and adults in many areas that is often not known or considered by individuals who are struggling with OCD, anxiety, or depression. Partial Hospitalization Programs (PHP) are intensive programs offered by hospitals and clinics, and can benefit those who need more help than traditional outpatient settings can provide. They typically run five days a week, from 8 or 9 am to 3 or 4 pm, and can include group therapy, private time with a psychiatrist, art or music therapy or other activity time, and education programs. They usually include lunch, and some include transportation. Here, we list some of these programs for your information.

St. Joseph Mercy Hospital, Ann Arbor, MI

Adult Partial Hospitalization Program, 734-712-5850

www.stjoesannarbor.org/AdultPartialHospitalizationProgram

Adolescent Partial Hospitalization Program, 734-712-5750

www.stjoesannarbor.org/AdolescentPartialHospitalizationProgram

Beaumont Hospital, Royal Oak, MI, 248-898-2222

www.beaumont.edu/centers-services/psychiatry/partial-hospitalization-program

St. John Providence Hospital, Southfield, MI, 800-875-5566

www.stjohnprovidence.org/behavioral-health

New Center Community Services, Detroit, MI

www.newcentercmhs.org/partial-hospitalization-program

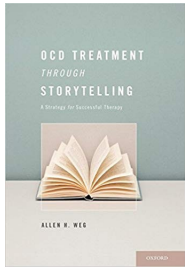
Allegiance Health, Jackson, MI, 517-788-4859 or 517-789-5971

www.allegiancehealth.org/services/behavioral-health/services/partial-hospitalization-program

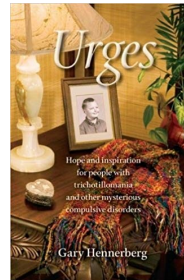
New Oakland Child-Adolescent & Family Center, 5 locations in tri-county area, 800-395-3223

www.newoakland.org/mental-health-services/face-to-face-day-program.html

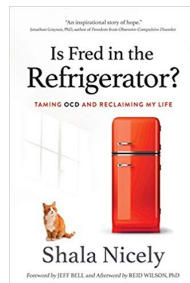
SUGGESTED READING



Allen H. Weg
*OCD Treatment Through Storytelling:
A Strategy for Successful Therapy*
Oxford University Press, 2011
ISBN 978-0195383560

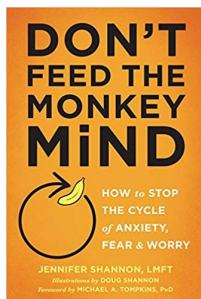
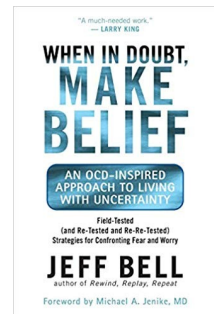


Gary Hennerberg
*Urges: Hope and inspiration for people
with trichotillomania and other myste-
rious compulsive disorders*
Independently
Create Space, 2009
ISBN 978-1448690831

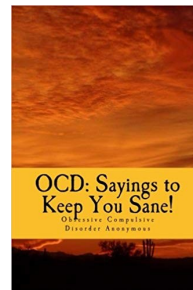


Shala Nicely LPC
*Is Fred in the Refrigerator?: Tam-
ing OCD and Reclaiming My Life*
Nicely Done, 2018
ISBN 978-1732177000

Jeff Bell
*When in Doubt, Make Belief: An
OCD-Inspired Approach to Living
with Uncertainty*
New World Library, 2009
ISBN 978-1577316701



Jennifer Shannon, LMFT
*Don't Feed the Monkey Mind: How to
Stop the Cycle of Anxiety, Fear, and
Worry*
New Harbinger, 2017
ISBN 978-1626255067



Christian R. Komor, PsyD
*OCD: Sayings to Keep You Sane!:
Reminders, Affirmations &
Slogans*
Create Space, 2013
ISBN 978-1484038673

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www.facebook.com/pages/The-OCD-Foundation-of-Michigan/192365410824044
and click "Like".

PROFESSIONAL DIRECTORY

List with us

Treatment professionals, what better way to find the OCD sufferers who need your help, and to give them a way to find you. Just place your business card in *Never Say Never*, the quarterly newsletter of The OCD Foundation of Michigan. For just \$25.00 per issue, your card can be in the hands of the very people who need you most. It's a great way to reach out to the OCD community, and at the same time support The OCD Foundation of Michigan. Send your card to OCDFM, P.O. Box 510412, Livonia, MI 48151-6412, or e-mail to OCDmich@aol.com. For more information, call 734-466-3105.

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PLEASE HELP

The OCD Foundation of Michigan is funded solely by your annual membership fees and additional donations. We have no paid staff. All work is lovingly performed by a dedicated group of volunteers. **WHY NOT VOLUNTEER YOUR TIME?** Call 734-466-3105 or e-mail OCDmich@aol.com.

The OCD Foundation of Michigan Membership Application

Please Print:

Name: _____

Address: _____

City: _____ State/Province: _____ ZIP/Postal Code: _____

Phone Number: _____ E-mail Address: _____

May we send you newsletters, notices and announcements via e-mail? _____

- ☐ Enclosed please find my check for \$20 annual membership fee.
- ☐ Enclosed please find an additional donation of \$ _____

Make check or money order payable in U.S. funds to
THE OCD FOUNDATION OF MICHIGAN
P.O. Box 510412
Livonia, MI 48151-6412

9/2019

Please Don't Throw Me Away

You've finished reading me and don't need to keep me anymore. Or worse (boo-hoo), you don't need me and don't even want me. In either case, please take me somewhere where I can help someone else. Take me to your library. Take me to your doctor, therapist, or local mental health clinic. Take me to your leader. But please, please, don't throw me away.



The OCD Foundation of Michigan Mission Statement

- ♦ To recognize that Obsessive-Compulsive Disorder (OCD) is an anxiety-driven, neurobiobehavioral disorder that can be successfully treated.
- ♦ To offer a network of information, support, and education for people living with OCD, their families and friends, and the community.

**IF YOU WOULD LIKE TO BE ADDED TO OR DELETED FROM THE MAILING LIST
PLEASE CONTACT US**

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