

1. **IT CAN'T HAPPEN TO ME MODE** – This deals with the underlying idea that the person although previously warned by the therapist to deal with any slips that may arise in the future by immediately applying their behavioral tools is on such a high from their new found abilities to live a symptom free life that they do not believe they will experience any of the extreme triggers in their life (such as stress). This line of reasoning negates that they will ever again have a problem. Often, they can be heard to state "I am so much better now, that a slight slip won't matter," "I know so much more now," "I've already worked the program." This reasoning enhances the mistaken belief that they will never have to work on their problem again. The fallacy is that warned or not, we are never completely prepared for the stubborn slip or relapse. If it has been a long time since the person has completed treatment they are not prepared for a slip because it has been so long. If it is a short time since treatment they are not prepared for the disappointment. Since the person does not truly believe they will slip, when OCD again begins to rear it's ugly head they are devastated.
2. **THIS IS DIFFERENT MODE** – The person operating out of this mode forgets that although the situation may be different, the way to handle it remains the same. In the words of Spinoza, "If you want the present to be different from the past, study the past." Experience and research confirms the fact that slips of any kind must be handled by immediately applying your previously learned behavioral techniques.
3. **I CAN'T DO THIS ANYMORE MODE** – This is a lament of discouragement and denial. After all, have you ever used this phrase in regard to your rituals? Have you stopped them all together just by applying this phrase alone? I THINK NOT! When someone begins to operate in this mode, Dr. Grayson often reminds the group member of the phrase "It's not that you can't but that you won't." Some of you may counter that this is just a different choice of words. Experience however, teaches us it is in reality a choice of will.
4. **AM I GOING TO HAVE TO FIGHT THIS ALL OF MY LIFE MODE** – Individuals operating in this mode forget to ask themselves "Is it worse than not having a quality of life because I won't summon up the courage and strength to apply the tools I already possess in order to fight a slip thereby, preventing my own relapse?"
5. **I'M TOO TIRED MODE** – Doesn't ritualizing tire you out? The fallacy here is the premise that performing rituals doesn't tire you out, which of course is ridiculous. Applying the techniques you've learned may cause more immediate anxiety on a short-term basis, but you will gain more freedom from your OC in the long run, which in turn will enable you to feel that you have much more energy.
6. **I'M TOO STRESSED OUT MODE** – If you are stressed out from a life situation ritualizing will not make that situation better. This year many of our group members could have used this excuse on a long term basis to impede their individual progress. For instance, one member lost two sisters this year, another was in the middle divorce proceedings accompanied by the newly added stress of becoming a single parent via this. My husband had a heart attack and underwent quadruple bypass surgery. Did we all have a right to feel too stressed out to work on our issues? You bet we did! Did we all encounter issues and emotions that could be so stressful that it could trigger slips? Right again! Did our group members, procedures and knowledge of relapse issues let this occur? No, and we are no different than any of you out there.
7. **I FEEL TOO GOOD TO WORK ON MY ISSUES MODE** – The fallacy here is that you can keep feeling good by NOT confronting your issues. Ignore any slip that pops up, and you won't be feeling this good for too long. Work on it, and you will guarantee feeling good on a long range basis.

8. **I FEEL TOO ROTTEN MODE** – If indeed you are feeling this badly ignoring your problems, allowing them to get worse will only add to this overwhelming feeling. If you work on overcoming your problem, at least one aspect of whatever is causing you to feel this way will be omitted.
9. **WHY SHOULD MY HUSBAND, WIFE, OR FAMILY HAVE TO LIVE WITH THIS AGAIN? MODE** – The answer to this is simple. If you do your part, they won't have to. After all, it is **not** their job to enable **your** rituals. It is your job and within **your** power to work on them with the tools available to you in order to avert a crisis.
10. **THE EMPEROR'S NEW CLOTHES MODE** – The person operating in this mode acts as if there is no difficulty and consistently denies there is trouble brewing, expecting everyone else to ignore the impending problem and do nothing. In other words, there is a desired conspiracy to pretend they are not headed for disaster. They are startled when confronted with the suddenness of unyielding confrontation by a group member, or therapist, who points out their problem. Reality, like it or not must be faced, and both the group and the person using this mode of excuse must deal with it even if it is uncomfortable or embarrassing.
11. **THE CARBONATED BEVERAGE OR SELTZER THEORY MODE** - Operating from this vantage point the individual fears that by discussing a difficult problem they have kept bottled up inside themselves, they will have to work on it, thereby losing control of the situation. This is untrue. We always maintain more power when we give permission to another to help us help ourselves. It is our permission that gives us the greatest control of our lives, for we are taking control of our own destinies in a positive way in order to live a symptom free life. Perhaps Henry Kissinger summed it up best, "Competing pressures tempt one to believe that an issue deferred is a problem avoided, more often it is a crisis invented."
12. **PLEASE LET ME GET AWAY WITH MURDER MODE** – This is a Killer Mode. By operating out of this mode you will kill any chance you have of living a symptom free life. The group member who begins to operate in this mode will try to take a goal that is just significant enough to appease both the group members and therapist. They offer a pretense that they are working toward recovery, when in fact they are dragging their heels in such a manner that they hope no one will catch on and decide to confront them. The fallacy of this line of reasoning is that even if you succeed at it for a short while it inevitably becomes a sure road to a major relapse. When you do relapse you will be forced to face the work you are avoiding anyway, and it will involve more work than if you had just faced and worked on the original slip when it first appeared.
13. **THIS IS TRUE FOR EVERYONE EXCEPT ME MODE** – The person operating in this mode is well versed with successful relapse-prevention techniques and the need for their immediate application to slips. However, because they are unable to motivate themselves to face their own personal challenge as they preach it to others, they adapt an attitude of, "In my particular situation it is different." Nonsense! This attitude then is a case of being untruthful not only to fellow group members but to oneself and as a commentary by Stone pointed out "The worst deception is self-deception." When finally confronted with the fact that they are operating in a state of denial by lying to themselves and their fellow group members, it will be painful for awhile but as the individual once again progresses toward recovery and a symptom-free life their pain will turn to pride.