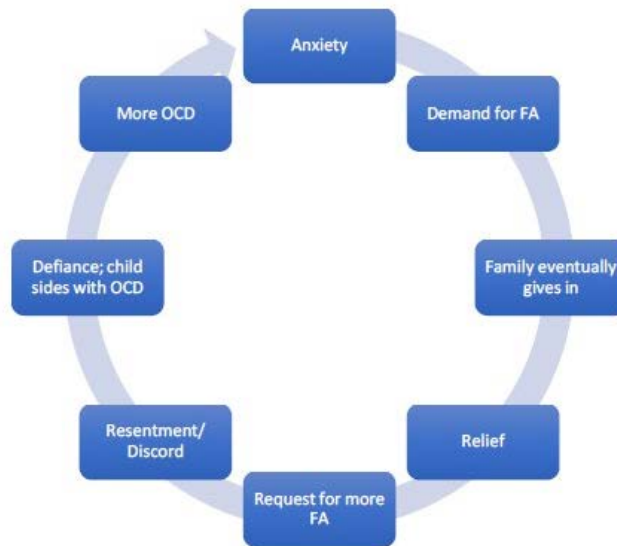


The Accommodation Cycle:



Family accommodation behaviors can be enacted by any family member in the youth's life. Family accommodation behaviors enable youth to escape the distress caused by an obsession and, if continued, are barriers to the youth's recovery from obsessive-compulsive disorder (OCD).

Examples of accommodation behaviors include:

- Reassuring youth.
- Removing triggers or enabling youth to avoid triggers.
- Allowing extra time for youth to do tasks.
- Allowing youth to avoid tasks or responsibilities.
- Providing youth with supplies used to neutralize (e.g., soap).
- Doing things for the youth that the youth is capable of doing (e.g., tying shoes).

Accommodation feeds OCD and makes the disorder stronger and the neutralizations more difficult for youth to resist. Accommodation provides youth with temporary relief from distress but results in greater distress in the long term, greater symptom severity, more impairment, worse quality of life for the youth and family, and poorer response to ERP.

Instead of accommodating, try these strategies:

- Pay attention to and praise youth for facing fears, resisting neutralizations, and coping with distress.
- Model brave behaviors and tolerance of distress or anxiety.
- Model reasonable risk taking and tolerating uncertainty.
- Use language that indicates OCD is the bully. Side with the youth against OCD.
- Be empathic, but firm. Don't let OCD rule you too. It's uncomfortable, not dangerous!