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## S2C4. Introduction to the pillars

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As indicated, recovery in ROCD is not just a matter of getting medicines, popping pills and being done with it. Recovery from ROCD requires a change - a lifestyle change. I come across many people who do not put any special efforts at learning about the disorder and trying to get better. It is understandable, but not acceptable. Understandable because recovery in ROCD requires changing habits that seem impossible to change. Even for people without ROCD, creating new habits is difficult. With ROCD to stand in the way it is many times more difficult. So, it is understandable.

But it is not acceptable because unless you make specific efforts ROCD may either remain at the same level of severity or end up getting significantly worse, and affect your relationships. Not just the current one, but in case you choose to move on, even the next one and the one after that. As you probably know, the problem is not in your partner, but in your inability to look beyond what your ROCD seems intent to focus on. So, change is important. Recovery would thus require you to adopt a few new habits and break a few old ones.

The first two pillars to recovery are CBT, and ERP. The next five pillars have the acronym MAGIC (mindfulness, acceptance, gratitude, insight, compassion). The next four pillars are diet, sleep, exercise and supplements. The twelfth pillar is medicines. Out of these twelve pillars, this course book will largely focus on the first seven pillars, i.e., CBT, ERP, mindfulness, acceptance, gratitude, insight and compassion.

In the next chapter, we shall explore the concept of CBT.