MAKING BELIEF:
A Crash Course in Navigating OCD Doubt

There's a reason OCD is known as "the doubting disease." At its core are seemingly endless "what-if?" questions that create such distress that we engage in all kinds of nonsensical, often debilitating behaviors just to alleviate our anxiety.

As OCD survivors, we know how all-consuming doubt can be. But we also know that the antidote to doubt is *belief*—in ourselves, in others, and in life—AND that belief is something all of us can learn to build, one choice at a time.

Join us for a webinar on Saturday, 2/20 at 3 pm ET/2 pm CT/1 pm MT/12 PT to learn how!

- *Learn how to build and apply belief—in yourself, in others, and in life—as an antidote to your OCD doubt*
- *Identify how to motivate yourself to do your ERP therapy*
- *Walk away with techniques you can use **that very day** to navigate your OCD doubt*

A motivational complement to your current therapy, our 90-minute webinar is $20 if you register by 2/18. We're also offering free registrations to 4 people who are willing to allow us to apply the *Ten Steps Out When Stuck In Doubt* to a personal OCD challenge during the live webinar. Email shala@beyondthedoubt.com if you're interested in a free registration.

Go to BeyondtheDoubt.com, click NEXT EVENT in the upper right corner, and sign up today!

ABOUT JEFF AND SHALA

As Beyond the Doubt co-founders Jeff Bell and Shala Nicely like to say, their "expertise is in doubt." On the one hand, both are leading voices on the topic of uncertainty; on the other, both battle a biological predisposition to question everything—including their own credentials!

Shala and Jeff both hold MBAs and share a passion for storytelling. Jeff is perhaps best known for his two books on uncertainty, *When in Doubt, Make Belief* and *Rewind, Replay, Repeat*, and his longtime work as a radio news anchor in San Francisco. Shala is an OCD and anxiety disorders treatment specialist in Atlanta and author of the forthcoming book based on her IOCDF keynote, *Is Fred in the Refrigerator?*