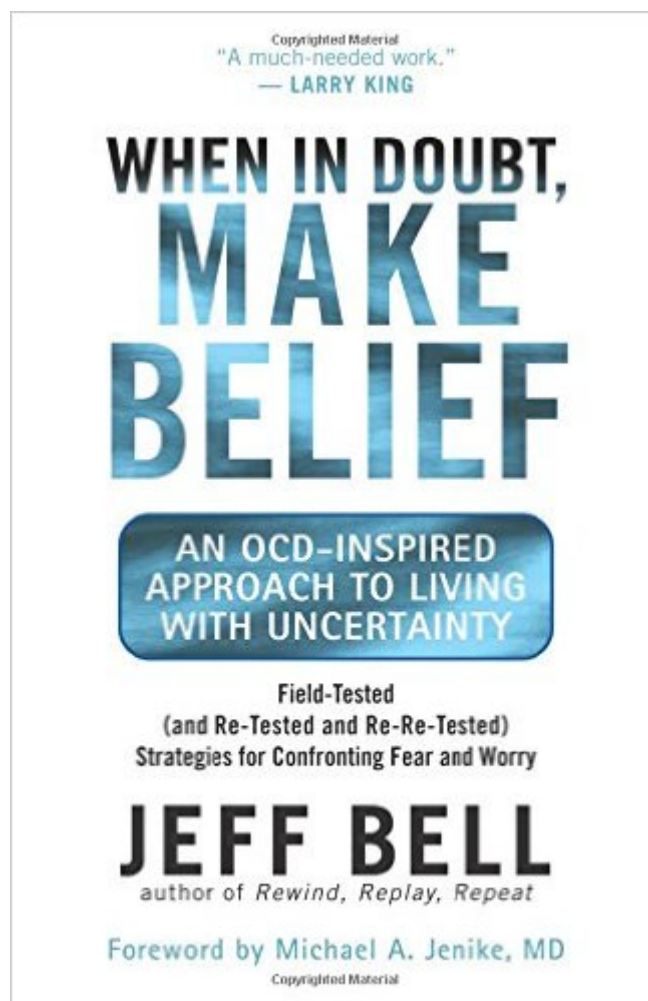


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# When In Doubt, Make Belief: An OCD-Inspired Approach To Living With Uncertainty



## Synopsis

When in doubt, make belief. For author and news anchor Jeff Bell, these are words to live by. Literally. As someone who has spent much of his life battling severe obsessive compulsive disorder (OCD), Bell has had to overcome crippling uncertainty few people can imagine. In this powerful follow-up to his critically acclaimed memoir, *Rewind, Replay, Repeat*, Bell expounds on the principles of applied belief that allowed him to make such a remarkable recovery from this "doubting disease" and the lessons he's learned while traveling the country talking about doubt. With the help of more than a dozen leading experts, Bell offers readers practical techniques for pushing through the discomfort of uncertainty "whether it stems from OCD or just everyday worries" and demonstrates how a shift from decisions based on fear and doubt to ones based on purpose and service can transform any life. Featuring interviews with Sylvia Boorstein, Patty Duke, Dan Millman, Leon Panetta, Tom Sullivan, and others

## Book Information

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## Customer Reviews

NOTE: I received a free copy of this book to review for the web site Metapsychology Online; a more complete version of my review can be found on that site. This book, subtitled *An OCD-Inspired Approach to Living with Uncertainty*, is a follow-up to author Jeff Bell's fascinating memoir about his struggles with Obsessive-Compulsive Disorder (OCD), *Rewind, Replay, Repeat*. In *When in Doubt, Make Belief*, Bell presents the specific strategies which he found to be most helpful in confronting

the fears and uncertainties produced by his OCD, sometimes referred to as the "doubting disease." In the first part of the book, Bell provides an excellent feel for the experience of living with OCD. He distinguishes healthy vs. unhealthy doubt, reviews some of the hallmarks of obsessional thinking, and finally, discusses the most common compulsions, for which he utilizes the useful metaphor of trapdoors--he identifies the most frequent trapdoors as checking, reassurance-seeking, ruminating, protecting, fixing, and avoiding. In Part 2, the "Making Belief" section of the book, Bell presents ten specific steps for getting out of doubt, a model which he developed based on the "Structure of Belief" pyramid that he first shared in *Rewind, Replay, Repeat*. Bell focuses on the four levels of the pyramid--reverence, resolve, investment, and surrender--and he offers several principles associated with each tier. The concept of investment most directly addresses motivation, with Bell encouraging readers to exercise freedom to choose, including choosing to direct one's attention and choosing to act for the Greater Good. The Greater Good then becomes the central focus in the final part of the book.

Uncertainty and the discomfort which accompanies it are inevitable in each of our lives. The central question then is not how we avoid uncertainty and discomfort but... how do we embrace it? Radio and television news veteran, Jeff Bell, has tackled this subject in *"When in Doubt, Make Belief"* which provides an inspired approach to living with uncertainty and doubt; developed over many years as he tried to free himself from a life of chronic uncertainty resulting from OCD (obsessive-compulsive disorder). OCD provided a laboratory for understanding the drivers of uncertainty and for developing strategies to limit counterproductive reactions to it. Bell distinguishes between healthy doubt and unhealthy doubt and provides a series of questions to help the reader discern which is which. Unhealthy doubts stem from emotional reasoning (a term he coined) which leads to confusion, trouble, and is one of the ten distorted thinking patterns that trigger anxiety as well as depression. Using his Belief Pyramid, Bell provides the ten steps out of doubt which leads to belief:

1. Choose to see the universe as friendly.
2. Embrace possibility in every moment.
3. Affirm your universal potential.
  - a. Live with purpose, mindfulness
4. Put your commitments ahead of your comfort.
5. Keep the sight of the big picture and the Greater Good.
6. Claim and exercise your freedom to choose - choose between the stimuli we are confronted with and our responses to them.
7. Picture possibility and "direct" your attention. - how much attention are we giving certain thoughts and feelings?
8. Act From Abundance in ways that empower.
9. Accept what you cannot control and let go. - the therapy of trust and of faith.
- 10.

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