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Brain Lock's central philosophy about freeing yourself from your thoughts and urges, so that you act the way you truly want to, reminds me of ACT (Acceptance and Commitment Therapy). I quite like this philosophy.

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Brain lock is a term coined by Schwartz to describe obsessive-compulsive behavior and to describe a treatment

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plan he published in his 1997 book Brain Lock: Free Yourself from Obsessive-Compulsive Behavior.

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Source: "Brain Lock," by J. Schwartz, Regan Books, 1996. More information. Dr. Jeffrey Schwartz' Four Steps for OCD are a great self-help technique, but if your OCD is severe, you may need professional help. If you are still struggling with OCD after trying the 4 Steps, contact us for a consultation. Contact Us For A Consultation



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