

the greater good perspective shift (GGPS)

The Greater Good Perspective Shift (GGPS) is a motivation technique Jeff developed—out of necessity, really—to combat the rigors of traditional (exposure/response-prevention) OCD therapy. At its crux, the GGPS is a simple but powerful tool for motivating oneself to sit with the discomfort of uncertainty—whether battling clinical anxiety or just everyday fear-based doubt. The basic tenets are as follows:

- Extreme doubt and fear distort our decision-making, seemingly reducing our choices to but two: "right" vs. "wrong" or "good" vs. "bad."
- As seen through the distorted lens of unhealthy doubt, "good" choices are those that reduce our anxiety, while "bad" choices are those that increase our fear and introduce uncertainty.
- Because compulsive actions such as repeated reassurance-seeking, avoidance, excessive checking, and ruminating tend to (temporarily) reduce our anxiety, we often see them as "good" choices.
- A "Greater Good" framework acknowledges the perceived (though distorted) "good" of acting on such compulsive choices, but also introduces a "greater good" choice—one that, in some way, is of *service* to others or enhances our own sense of *purpose*.
- Because "purpose and service" tend to trump "fear and doubt" as human motivators, this framework shift serves to lead those gripped by doubt to far more productive decisions... including those essential to living with uncertainty.

For a more complete overview of the Greater Good Perspective Shift please see Jeff's recent "Choosing Greater Good" [blog](#) for *Psychology Today*.