

Often causes avoidance of things, people or places likely to trigger obsessions

Obsessions (thoughts, images, urges) + compulsive behaviours

Obsessions are unwanted, persistent, anxiety-provoking & distressing

Themes may include harm, contamination, sexual intrusive thoughts, etc

Ego-dystonic = obsessions are against person's values, causing self-disgust

Compulsions are repetitive behaviours aiming to relieve the anxiety

May include checking, counting, repetition, tapping etc

Can be internal - e.g. checking how you feel, repeating words in head

OCD

OBSESSIVE COMPULSIVE DISORDER

Obsessive Compulsive Disorder The Ultimate Guide To Ocd

Michael Seilmaier



Obsessive Compulsive Disorder The Ultimate Guide To Ocd:

Obsessive Compulsive Disorder The Ultimate Guide To Ocd Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the energy of words has been more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such may be the essence of the book **Obsessive Compulsive Disorder The Ultimate Guide To Ocd**, a literary masterpiece that delves deep into the significance of words and their effect on our lives. Compiled by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

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