

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

**DP Hallahan**



## **Obsessive Compulsive Disorder The Ultimate Guide To Ocd:**

Ignite the flame of optimism with is motivational masterpiece, **Obsessive Compulsive Disorder The Ultimate Guide To Ocd** . In a downloadable PDF format ( PDF Size: \*), this ebook is a beacon of encouragement. Download now and let the words propel you towards a brighter, more motivated tomorrow.

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