

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

Rosina Ehmann



Obsessive Compulsive Disorder The Ultimate Guide To Ocd:

The Enigmatic Realm of **Obsessive Compulsive Disorder The Ultimate Guide To Ocd**: Unleashing the Language is Inner Magic

In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing lacking extraordinary. Within the captivating pages of **Obsessive Compulsive Disorder The Ultimate Guide To Ocd** a literary masterpiece penned by a renowned author, readers embark on a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of people who partake in its reading experience.

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