OCD
OBSESSIVE COMPULSIVE DISORDER
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
Often causes avoidance of things, people or places likely to trigger obsessions
@itsEmilyKaty

Obsessive Compulsive Disorder The Ultimate Guide To Ocd

Scott C. Dulebohn

Obsessive Compulsive Disorder The Ultimate Guide To Ocd:

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