

OCD

Understanding Obsessive-Compulsive Disorder

OCD is a mental health condition that affects millions of adults. It is not about being "clean" or "organized." It is about intrusive thoughts and the urge to perform repetitive behaviors to reduce distress.

OCD is treatable, and recovery is possible.

WHAT IS OCD?

OCD involves obsessions, compulsions, or both.



♥ Obsessions are unwanted, intrusive thoughts, images, or urges that cause anxiety or distress.



♥ Compulsions are repetitive behaviors or mental acts done to reduce the anxiety caused by obsessions.

These thoughts and behaviors can feel out of control, but they are not a choice.

COMMON OBSESSIONS

- ♥ Fear of contamination (germs, dirt, illness)
- ♥ Fear of harming yourself or others
- ♥ Need for things to be "just right"
- ♥ Intrusive thoughts about unwanted themes (religion, sex, religion, morality)
- ♥ Fear of making a mistake
- ♥ Excessive doubt and needing reassurance
- ♥ Fear of losing control
- ♥ Preoccupation with symmetry or order

Everyone experiences unwanted thoughts at times. In OCD, they are persistent, distressing, and hard to ignore.

COMMON COMPULSIONS

- ♥ Excessive handwashing or showering
- ♥ Checking doors, locks, windows, appliances
- ♥ Repeating actions (counting, tapping, saying things)
- ♥ Arranging or ordering things
- ♥ Seeking constant reassurance
- ♥ Mentally reviewing events
- ♥ Avoiding places, people, or situations
- ♥ Needing things to feel "just right"

Compulsions may provide short-term relief, but they keep OCD going and take time away from the life you want.

THE OCD CYCLE



Breaking the cycle is possible with the right support and evidence-based treatment.

TREATMENT CAN HELP

The most effective treatment for OCD is Exposure and Response Prevention (ERP) Therapy.

- ♥ ERP helps you face fears gradually and safely.
- ♥ You learn not to do the compulsion.
- ♥ Over time, anxiety decreases, and the obsession loses its power.
- ♥ Medication can also be helpful for many people.



YOU ARE NOT ALONE

OCD can feel isolating and exhausting, but help and hope are available.

- ♥ You are not your thoughts.
- ♥ You are stronger than OCD.
- ♥ Recovery is possible.
- ♥ You deserve peace and freedom.



SELF-COMPASSION MATTERS

- ♥ Be kind to yourself.
- ♥ Progress takes time.
- ♥ Small steps lead to big change.
- ♥ Celebrate your courage.
- ♥ You are doing the best you can.

♥ *Healing is not about perfection—it's about growth and progress.*

STRATEGIES THAT CAN SUPPORT YOU



Practice deep breathing and grounding.



Focus on what you can control, one step at a time.



Challenge OCD thoughts with kind, realistic responses.



Move your body regularly to reduce stress.



Talk to someone you trust.



Create a calm routine.



Reach out for professional support.

REMEMBER

♥ OCD is not a choice.

♥ You are not alone.

♥ Help works.

♥ You are worthy of peace.

♥ A better life is possible.