

### **Obsessions of Aggression**

Fear of harming self/others intentionally, fear of going crazy and harming others, fear of shouting or writing out embarrassing obscenities, fear of making obscene gestures, of having insulted or offended someone...

### **Obsessions of Perfection**

Questioning if you have told the truth perfectly, questioning if others have understood you perfectly, keeping your possessions in perfect order, wanting to have a perfect appearance...

### **Sexual Obsessions**

Fear of having forbidden perverse thoughts, images or impulses, fear of acting out sexually or being sexually excited by children, fear of desiring or having sex with animals...

### **Religious Obsessions**

Fear of being sinful or blasphemous on purpose, fears of having acted sinfully, having undesirable thought about religious deities...

### **Health and Body-Focused Obsessions**

Believing that parts of your body are ugly or disfigured, asymmetry of parts of your body, fear of brain damage, fear of a serious undiagnosed illness...

### **Magical Obsessions**

Having bad luck, lucky/unlucky numbers, colors, numbers, multiples of numbers...

### **Neutral Obsessions**

Excessive awareness of your own thoughts, counting for no special reason, bothered by certain sounds, words or music, excessively aware of normal bodily functions, blinking, breathing, heart...

### **Types of Compulsions**

Decontamination Compulsions  
Perfectionistic Compulsions  
Checking Compulsions  
Undoing Compulsions  
Mental Compulsions  
Counting Compulsions.

### **Touching or Movement Compulsions**

Protective Compulsions  
Body-Focused Compulsions  
Hoarding Compulsions

### **Effective Empirical Based Treatment**

The American Medical Association (AMA) and the American Psychological Academy (APA) still recommend Medication and Exposure/ Response Prevention as the first line treatments of choice. OCD responds best to a specialized CBT treatment using primarily exposure/response prevention. Including medication management as indicated. Call **610-517-3127** or contact us @ [www.anxietyocdbala.com](http://www.anxietyocdbala.com).



**BBB Rating: A+**  
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# WHAT IS OCD?



## DO I HAVE IT ?

**What is obsessive compulsive disorder, OCD?**

**What are the signs and symptoms?**

**Is there an effective treatment?**



### What is OCD ?

Before we start looking at what OCD is I want you to understand that about 1 in 100 people have OCD. Some estimates are as high as 1 in 40. That's a lot of people. If you go to a Phillies game on a good day there are more than 40,000 people there—at 1 out of every 100, that is 400 people! So, you are certainly not alone if you have OCD.

### What are obsessions ?

Obsessions are defined as thoughts, images or urges that come repeatedly without request, are stubborn and almost always create uncomfortable anxiety.

The person having the obsession finds them intrusive and doesn't want them and attempts to ignore or suppress these thoughts, images or urges or tries to neutralize them some other thought or action (compulsion).

*It is not obsessive to have occasional thoughts about anything you fear or about the safety of loved ones but watch out for a demand for perfect certainty. You know how you can't really read people's minds or predict the future 100% of the time and you get along just fine. It is the same with certainty, you can't really have that either but you can and do also get along fine without it.*

### What are compulsions ?

Compulsions are repetitive behaviors like hand washing, checking, ordering or mental acts like counting, praying or any other act that is designed to reduce the anxiety produced by the obsession. The behaviors and mental acts are all designed to reduce anxiety or prevent some imagined feared consequence. The compulsions, also called rituals.

*This does not include harmless religious rituals, bedtime stories or the like. Look more at the context. Reading to a child at the same time every night is different than having to read at the same time each night because you are trying to neutralize or stop something bad from happening.*



### Types of Obsessions

OCD content can vary greatly. If the human can think of something it can also obsess about it. Some say that OCD is only limited by a creative imagination. Here are a few well known areas of obsessive concern.

#### Obsessions of Contamination

Fear of bodily fluids or waste, household chemicals, environmental chemicals, germs, dirt, garbage, radiation, particular places or people, certain thoughts, certain events...

#### Obsessions of Harm to Self/Other

Fear of losing control and harming others, losing control and harming self, causing harm to others/self through thoughts, negligence or carelessness, doubt if you have harmed someone in the past.