

Understanding OCD

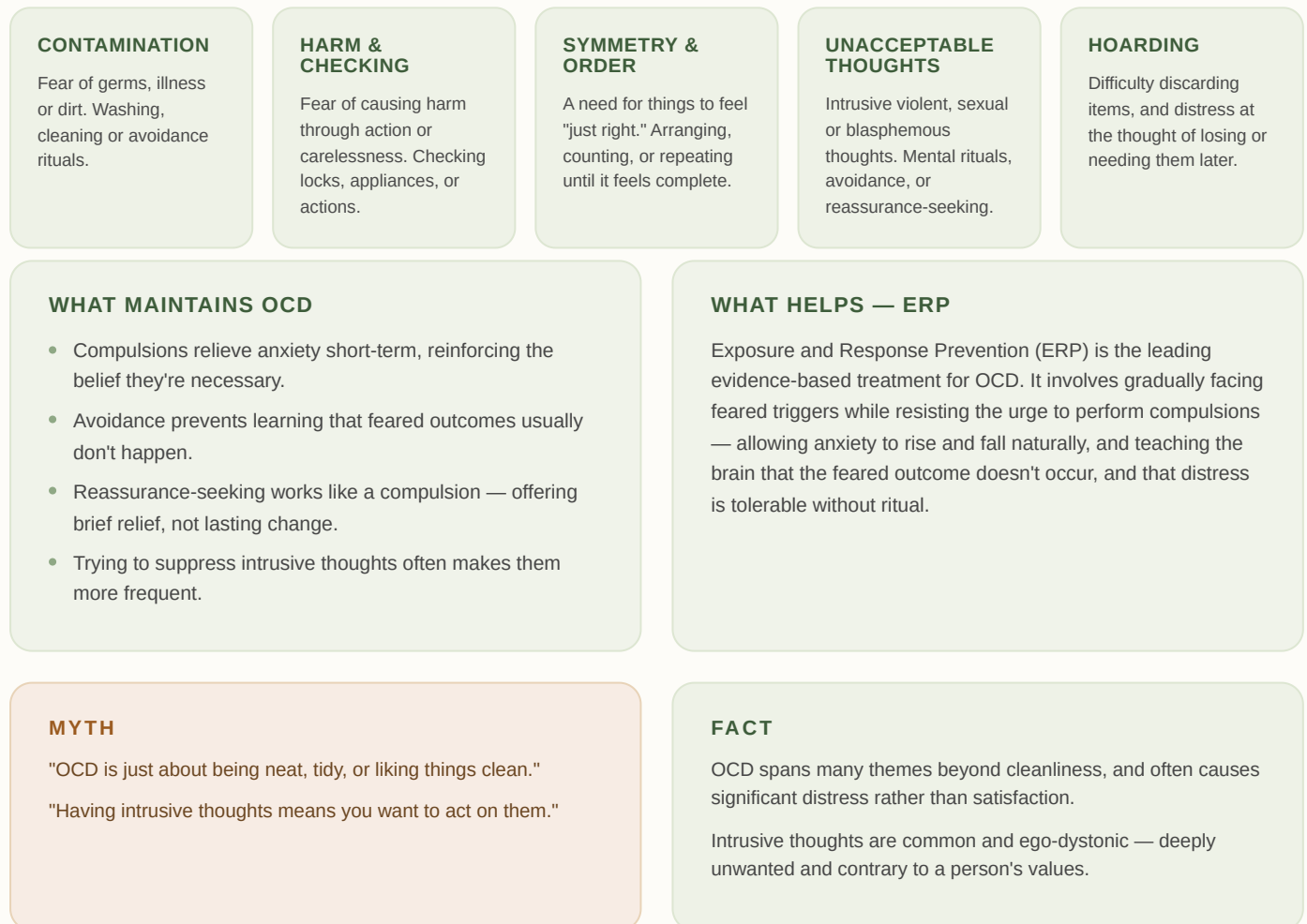
THE CYCLE, COMMON THEMES, AND WHAT HELPS

Obsessive-Compulsive Disorder involves unwanted intrusive thoughts (obsessions) and repetitive behaviours or mental acts (compulsions) aimed at reducing the distress they cause. Compulsions bring short-term relief, but they keep the cycle — and the anxiety — going.

The OCD Cycle



Common Themes



You are not your thoughts. Having an intrusive thought does not mean you want it, believe it, or will act on it.