

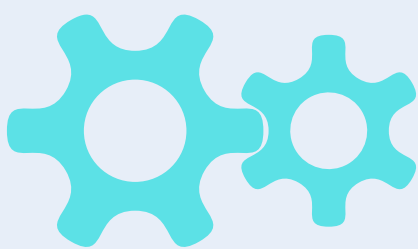
Understanding OCD: Obsessions vs. Compulsions

OBSSESSIONS

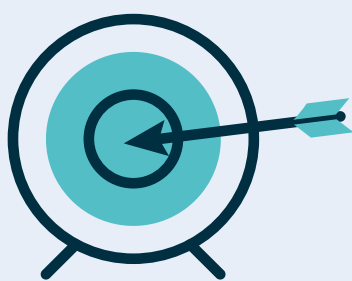
Repetitive and intrusive thoughts, urges or images that cause anxiety



Contamination
(Germs, diseases, chemicals)



Loss of Control
(Impulsive thoughts & feelings)



Perfectionism
(Thoughts of exactness, preciseness)



Religion
(Concerns with morality and right/wrong)

COMPULSIONS

Repetitive behaviors that someone feels they need to do in response to the obsessive thoughts



Cleaning
(Excessive cleaning, showering, grooming)



Checking
(Checking to prevent yourself from harm, mistakes)



Repeating
(Redoing activities and movements several times)



Mental Compulsions
(Praying to prevent negative outcomes, replacing bad thoughts with good)



One Healing Space

Source:

<https://iocdf.org/about-ocd/#:~:text=Obsessions%20are%20unwanted%2C%20intrusive%20thoughts,decrease%20his%20or%20her%20distress.>