

# OCD NZ

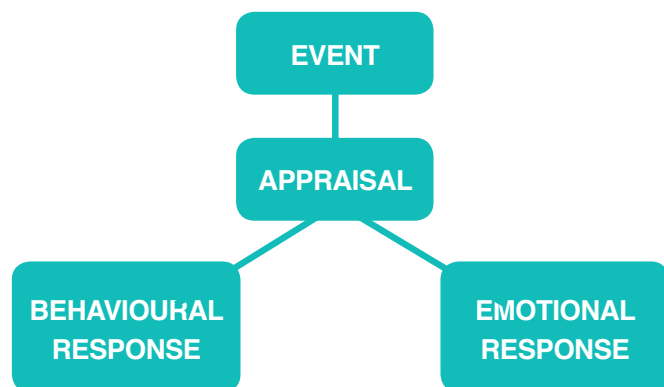
It's not the thought that counts

## OCD • The vicious cycle

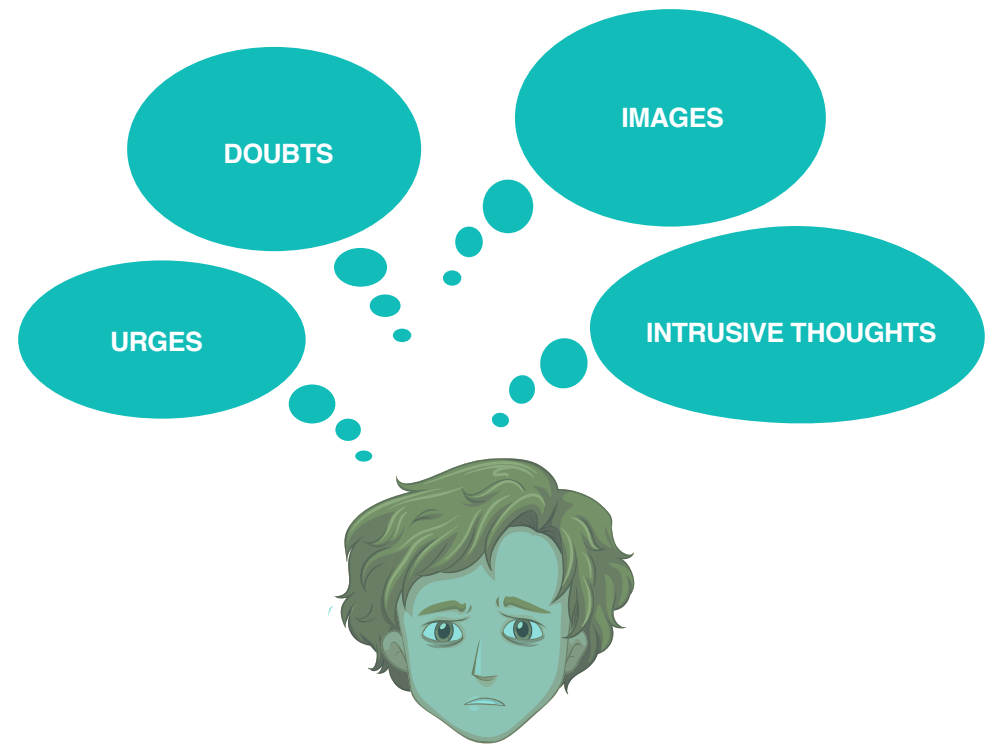
It is the PERSONAL meaning of the thought that makes them so unpleasant, anxiety provoking and difficult to dismiss. The very thing that you might obsess about can be the antithesis of your character leaving you to doubt... **why am I even thinking this?**

Remember THOUGHTS are not ACTIONS, they are just thoughts.

It is not the THOUGHTS that are the problem, it is what you make of them.



Adapted from the book Break Free from OCD



### INTRUSIVE THOUGHTS

There might be blood in my food.  
That is contaminated with germs.  
My appointment is on Friday 13th.

### DOUBTS

Have I left the door open?  
Did I run someone over without realising?  
Did I abuse a baby, child or animal?

### URGES

I must touch that or it won't feel right.  
To jump in front of a train.  
To physically assault someone.

### COMPULSION

Check all food carefully.  
Wash self and home.  
Change the appointment.

Go back and check.

Listen out for unusual noises when driving.  
Avoid all children and animals.

Touch it in groups of seven until the feeling goes.  
Never go near platform edge,  
Sit on hands.