



COMMON COMPULSIONS AND OBSESSIONS IN OCD



Obsessions

Obsessions are unwanted thoughts that pop into your mind over and over, causing worry

Common obsessions

- Unwanted thoughts about doubt, or harm to oneself or others
- Fears about germs and contamination
- Obsessional thoughts about needing things to be “just right”
- Obsessional thoughts about one’s romantic relationship



Compulsions

Things you do (in your mind, or physical behaviours) to try manage obsessional thoughts and prevent them from coming true

Common compulsions

- Repeatedly washing one’s hands
- Repeatedly checking that things are safe
- Repeating a word or phrase to ‘get rid of’ unwanted thoughts
- Checking your memories over and over



Help is available

If you or someone you know identified with symptoms of OCD and are looking for assessment and treatment, you may wish to speak with your local doctor/GP.

THIS WAY UP also offers an OCD program, so you can get started today.



Head to:

thiswayup.org.au

