

What is OCD?

Why some thoughts get stuck, and how therapy helps you get unstuck.

What OCD is



Obsessions

Unwanted thoughts, images, urges, or doubts that pop up and bring anxiety, disgust, or a feeling that something is wrong.

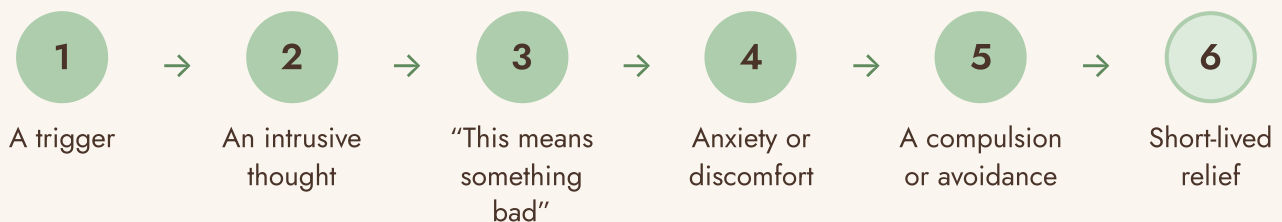


Compulsions

Anything you do, out loud or in your head, to calm that feeling or to stop something bad from happening.

Almost everyone has intrusive thoughts. In OCD, the problem isn't the thought. **It's the meaning it's given, and what you do next.**

The OCD cycle



🔄 ...and the thought comes back, often louder than before.

Each compulsion teaches your brain that the thought was dangerous. That's how the cycle keeps itself going.

OCD can focus on many things

Contamination

Checking and doubt

Order and "just right"

Taboo thoughts

Religious and moral

Relationships

Health



Miriam Slikhanian
PSYCHOLOGIST

Compulsions can be hard to spot

Some you can see. Many happen quietly, in your head.

Checking doors, messages, or
your body

Washing or cleaning

Asking others for reassurance

Googling or researching

Mentally reviewing or
replaying

Avoiding people, places, or
objects

Repeating until it feels “right”

Cancelling a thought with a
“good” one

Confessing to feel okay again

How therapy helps

1

Understand your OCD

We map your cycle together and look at how you relate to your thoughts, including why fighting them keeps them loud.

2

Exposure and Response Prevention

Step by step, at a pace we agree on, you face what OCD makes you avoid without the compulsion. Your brain learns you can handle it.

The goal isn't to never have the thought again. **It's for the thought to stop running your life.**

Try this

1

Notice. Write down the compulsions you catch each day, including the ones in your head.

2

Name it. Say to yourself, “That’s an OCD thought,” then go back to what you were doing.

3

Let it be there. Don’t push the thought away or argue with it. Let it sit in the background.

4

Get support. Bring your notes to a therapist trained in treating OCD.

OCD is common and treatable. You are not your thoughts.



Miriam Slikhanian
PSYCHOLOGIST