CLÍNICA VIVALDI · FREE SHEET · OBSESSIVE-COMPULSIVE AND RELATED

Obsessive-compulsive disorder (OCD)

Obsessions (intrusive thoughts or images that generate distress) and compulsions (rituals to calm it: checking, washing, sorting, going over mentally) that consume time and discomfort.

COMMON SIGNS

- Frightening intrusive thoughts
- Repeated rituals to calm anxiety
- Need to make sure or ask over and over

TIPS FOR YOU

1. The treatment of choice is exposure and response prevention
2. Delay the ritual a few more minutes each time
3. Ask the people around you not to take part in the rituals

FOR FAMILY AND FRIENDS

1. Don't take part in the rituals or keep giving reassurance
2. Support treatment without getting angry about the symptoms

WHEN TO ASK FOR HELP

1. If the rituals take up more than an hour a day
2. If the thoughts frighten you or make you feel guilty

TO OBSERVE AND NOTE DOWN

☐ I have unwanted thoughts that distress me
☐ I feel I have to do something to calm them
☐ I check things several times (doors, gas, messages)
☐ I wash or clean more than necessary
☐ I need things to be in a certain order or symmetry
☐ I go over things in my head or ask for reassurance
☐ The rituals take up more than an hour a day
☐ I know it's excessive, but I can't stop

FREE RESOURCES

- Online test and tips: clinicavivaldi.com/en/trastorno/trastorno-obsesivo-compulsivo-toc
- Full article: OCD: clinicavivaldi.com/en/trastorno-toc
- In Spain: 024 suicide crisis line (24 h) · Emergencies 112