A PERSONALIZED GUIDE

Intrusive Thoughts and OCD

Room to breathe in your next chapter

HOPE BEHAVIORAL MEDICINE

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Chapter One

Everyone double-checks

Rethinking or double-checking now and then is normal; what matters is control and time.

Chapter Two

Obsessions and compulsions

Obsessions are unwanted thoughts, urges or images, and compulsions are repeated acts a person feels driven to do.

Chapter Three

Signs that point to OCD

Thoughts or rituals you cannot control, more than an hour a day on them and only short-lived relief.

Chapter Four

When it starts

Symptoms usually begin between late childhood and young adulthood, often alongside anxiety or low mood.

Chapter Five

What helps

Cognitive behavioral therapy and exposure and response prevention can reduce compulsive behaviors.

Epilogue

Thoughts are not commands.

Intrusive thoughts can feel alarming, but they do not define you. With the right care, the rituals can loosen their grip on your day.

Ready to write your next chapter?

Visits by video across South Carolina or in West Ashley.

BOOK A VISIT

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