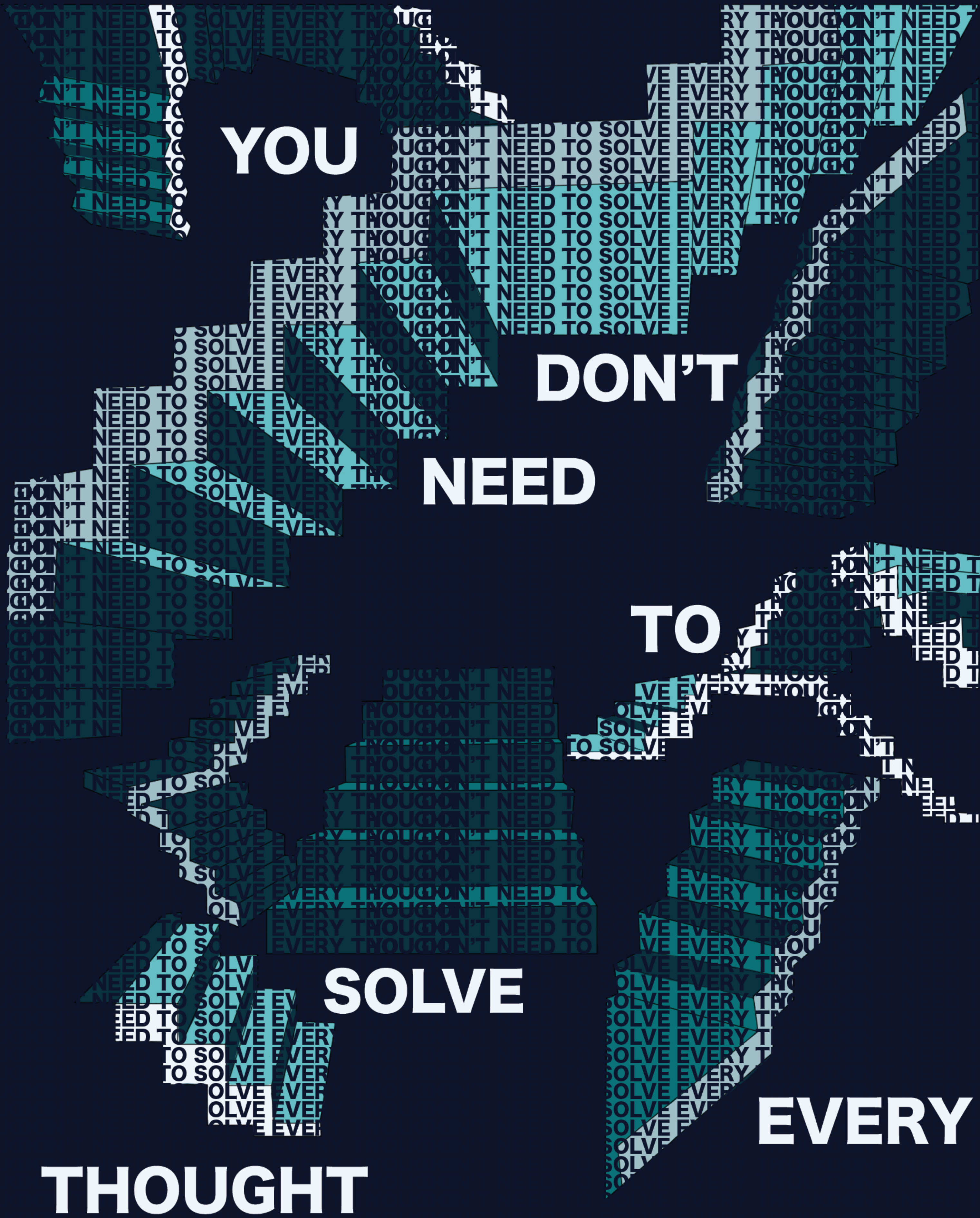


RUMINATION IS A COMPULSION, NOT PROBLEM-SOLVING.



YOU

DON'T

NEED

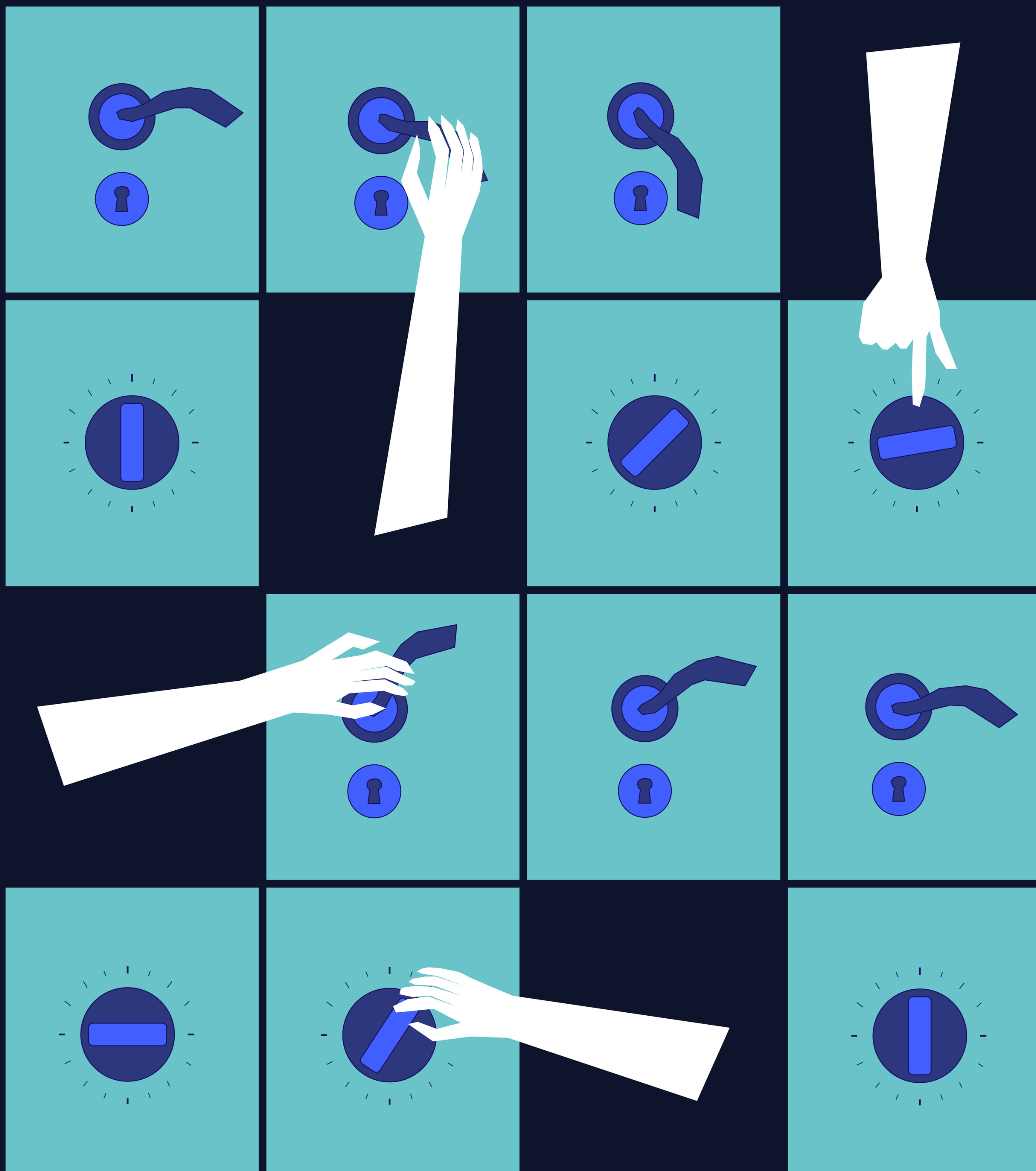
TO

SOLVE

EVERY

THOUGHT

You are not alone. Visit ADAA.org



CHECKING REINFORCES THE CYCLE
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INTRUSIVE THOUGHTS ARE NOT

“What if I touched something dirty and now I’ll get sick?”

“What if germs spread to my family and they die?”

“This feels contaminated — I need to wash again.”

“What if reality isn’t real?”

“What if there’s blood, bodily fluids, or disease on this surface?”

“What if I

“What if I offended God without realizing it?”

“Was that sinful?”

“Do I really love my partner?”

“What if I stab someone?”

“What if I’m settling?”

“What if I push someone in front of a train?”

“What if nothing is real?”

“What if I lose control?”

“How do I know I exist?”

A REFLECTION OF WHO YOU ARE

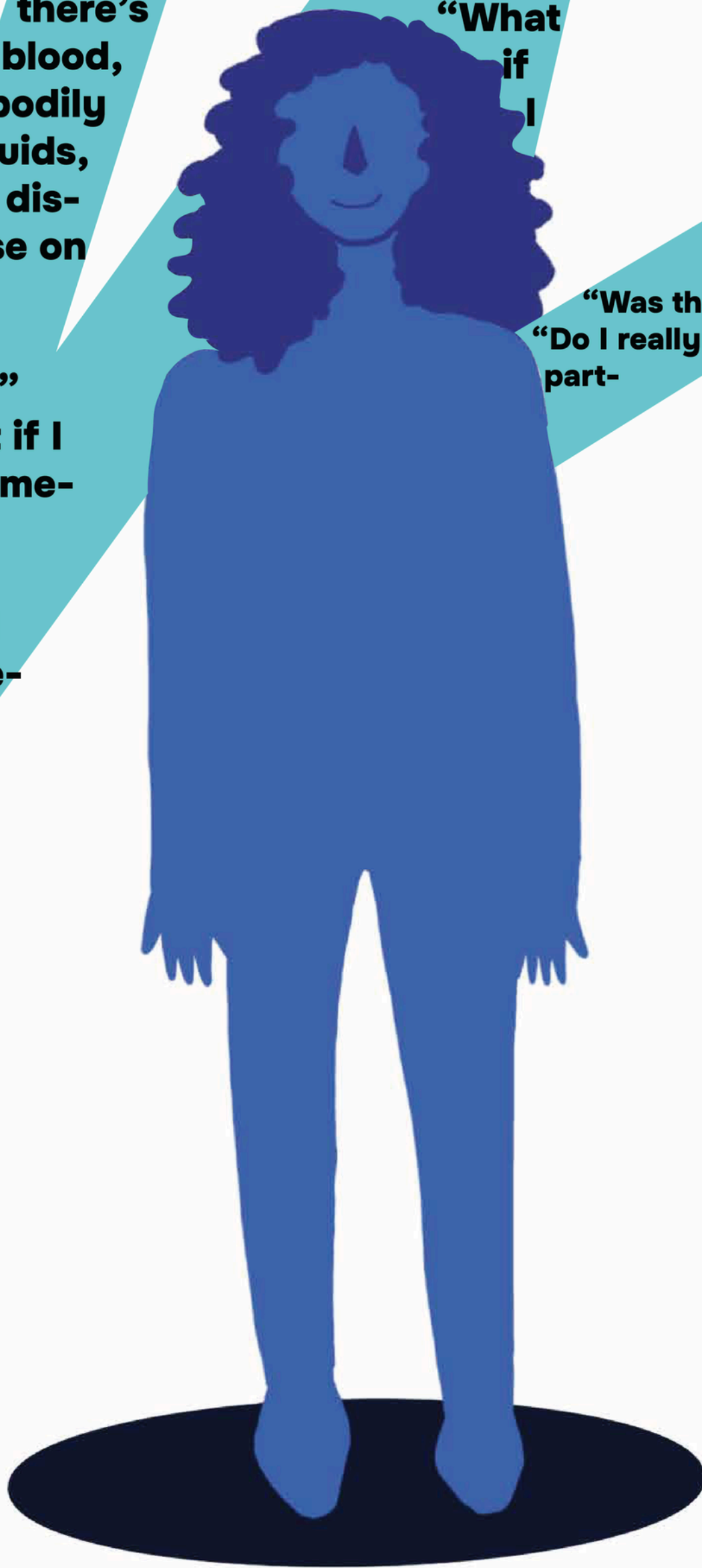
“Why did my body react?”

“What secret monster?”

“What if I’m

“What if this headache is a brain tumor?”

“What if I have a serious illness and don’t know?”



HYPER-AWARENESS OF THE BODY IS A COMMON OCD SYMPTOM.

