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### **OCD In Kids And Teens - International OCD Foundation**

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[www.iocdf.org](http://www.iocdf.org) What Is Obsessive Compulsive Disorder (OCD)? OCD Is An Anxiety Disorder That Consists Of Obsessions And Compulsions. Obsessions Are Unwanted Ideas, Thoughts, Images Or Urges That Are Unpleasant And May Cause Worry, Guilt Or Shame ... 5th, 2024

### **Mindfulness Workbook For OCD - OCD Center Of Los Angeles**

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### **OCD And Disordered Eating: When OCD Masquerades As ...**

As Eating Disorders Brigitte A. Erwin, PhD Director, OCD Program Anxiety And Agoraphobia Treatment Center Bala Cynwyd, PA A Presentation Conducted At

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### **The OCD TRUMPET**

VOLUME 1 HOW- TO PLAY And IMPROVISE PLAY-A-LONG Book & Recording Set FOR ALL INSTRUMENTS .

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### **Self-Help:Managing Your OCD - Anxiety Canada**

The Best Way To Begin Managing Your OCD Is To Begin Building A Toolbox Of Strategies That Will Help You To Deal With Your Obsessions In The Long Run. Breaking This Vicious Cycle Involves: (1) Learning To Gradually Eliminate Your Unhelpful Coping Strategies (such As Compulsions); And (2) Learning To Think 13th, 2024

### **Understanding Obsessive-compulsive Disorder (OCD ...**

- Imagining Doing Harm – E.g. Thinking That You Are Going To Push Someone In Front Of A Train
- Intrusive Sexual Thoughts – E.g. Worrying About Abusing A Child
- Religious Or Blasphemous Thoughts – E.g. Having Thoughts That Are Against Your Religious Beliefs
- Fear Of Contamination – E.g. From Dirt And Germs In A Toilet 3th, 2024

### **“JUST RIGHT” OCD SYMPTOMS**

Example: A Person Practicing Piano Feels That A Certain Note Is 'off', And Needs To Play It Over And Over Until It Sounds Right - Even Though Tuning Of The Note Has Not Changed In Any Real Way. • Touch. Example: After Touching A Table, A Person Feels A Sudden Need To Touch It Again (and Again) Until A Feeling Of Tension/distress Goes Away. 24th, 2024

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