

## OCD

Obsessive-compulsive disorder (OCD) is a pattern of unwanted thoughts or fears (obsessions) that lead to repetitive behaviors (compulsions) which are intended to reduce stress, but offer limited relief from anxiety.

### Common Obsessions and Compulsions

- Order or balance – Arranging items
- Contamination (germs/disease) – Cleansing or washing
- Uncertainty – Checking and testing
- Harming self or others – Mental or physical control requirements
- Sexual or religious thoughts – Seeking righteousness or purity

### Sources and Factors

- **Biology:** changes in the body's natural chemistry or brain functions. Most often comes on in teen years. Affects highly sensitive people.
- **Genetics, Family history:** Specific genes have not been found, but having family members with OCD may raise the risk. Obsessive fears and compulsive behaviors can be learned from family members.
- **Stressful life events.** Traumatic or stressful events may increase risk of OCD. The response to trauma may cause intrusive thoughts, rituals and emotional distress of OCD.
- **Other mental health disorders.** OCD may be related to other mental health disorders, such as anxiety disorders, depression, substance abuse or tic disorders.

### Medical Treatment

- **Psychotherapy:** Cognitive Behavioral Therapy (CBT) and Exposure and Response Prevention (ERP) are the main therapies.
- **Medicines:** Antidepressants, Deep Brain Stimulation (DBS), Transcranial Magnetic Stimulation (TMS), and others.

### Patterns

- The quiet problem. Compulsions manifest, but the conflict overwhelms the mind.
- Basis: irreconcilable conflict, an unsolvable problem that demands attention.
- Affects highly sensitive persons (HSPs) to whom things really matter.
- Urgency: sliding scale from preference to obsession.

### Examples

- Order, structure, predictability
- Contamination (germs, virus, etc.)
- Perversion, unwanted sexual thoughts.
- Scruples (sin vs. righteousness), unwanted actions, feelings, thoughts.

### Prayer Strategy

- Identify the obsession (trigger). Caution: avoid the compulsion.
- Ask God to reveal the source. (*Where did this belief begin?*)
- Handle spiritual transactions as needed (forgiven, forgive, demonic influence).
- Confess the conflict. (State the belief or conclusion.)
- Ask God how this can be resolved. (Exchange the compulsion for God's way.)
- Prayer of gratitude and acceptance.