



10 Questions to Help Identify Obsessive-Compulsive Disorder

1. Do you have concerns about contamination – germs, dirt, chemicals, radiation or acquiring a serious illness?
2. Do you have an over concern with placement of objects – with the need to keep them in perfect arrangement?
3. Do you imagine terrible things will happen if you do not do things just right and in the right order?
4. Does the same thought run through your mind over and over and you can't turn it off?
5. Are you late to events or appointments because you need to complete rituals before you feel it is safe to leave the house?
6. Have you collected useless objects or inspected the garbage repeatedly before throwing it out or do you have anxiety over getting rid of things all together?
7. Have you felt compelled to perform certain acts over and over again, such as excessive or ritualized washing or cleaning? Counting or rearranging objects? Repeating routine actions over and over? Feel the need to touch objects or people?
8. Do you find yourself repeatedly examining your body for signs of illness or going to the Dr. over and over to be told nothing is wrong?
9. Do you go out of your way to avoid certain colors, numbers or names or streets for fear of what will happen?
10. Do you find yourself needing to confess or repeatedly asking for reassurance for something you said or did correctly?

If you answered yes to any of these questions, you may suffer from Obsessive Compulsive Disorder. OCD can be debilitating and lead to problems in your work and relationships. OCD is treatable and does not have to rule your life.

Solutions Treatment Center can help. Call Today for more information. 877-499-1354 or visit our website at www.treatmentsolutions.org