

OCD (Obsessive Compulsive Disorder)

OCD covers a range of different experiences and is often applied rather loosely to a tendency to worry about whether something has been done or not. It often lurks in a certain kind of perfectionism which might be felt to involve sharp consequences always following on from any form of perceived failure and, at times, most of us will experience it.

For some people OCD is a severely debilitating experience. If you find yourself compulsively checking and rechecking you have done something, for instance closing windows, turning off the gas or the iron, or shutting the front door, you may be experiencing OCD. In its more extreme forms you might believe that unless you do certain things awful consequences will follow for somebody else. For example, not washing your hands a certain number of times after a meal might result in something terrible happening to somebody you love. There's a tremendous sense of responsibility even though, on the face of it, there's little logical connection between what you might do and its effects.

Obsessive-compulsive behaviour can come from feeling helpless – either over events in the outside world, as a response to being overwhelmed, or over disturbing internal feelings the root of which can be hard to pin down. It generates fantasies of power, control and responsibility, and brings up awful feelings of dread, frustration and hopelessness.

In its more mild forms, such as getting to the train station and wondering if you've left the iron plugged in, OCD may be a sign you are overworking or stressed. Most people experience this at some time. If you are worrying or tired your mind may be elsewhere when you do what would otherwise be something mundane, like unplugging an iron, and you simply can't remember. Mindfulness is very likely to help – as will anything that helps you locate the source of your anxiety and expose conflicts in your life which you may not be aware of.

Prolonged or more frightening OCD requires professional help. You may have started to follow 'rules' which you feel will guarantee what you do doesn't have a negative impact on the world – even if what you do doesn't have any rational connection to what you believe the effect may be. There is a way out of OCD but it's very hard to find it on your own.

If you think you suffering from OCD then give us a call, we can help

Call 020 7323 4970

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