**OCD OF SAYING SORRY**

When it's not necessary, people with OCD frequently experience the compulsive impulse to apologize. Although an exaggerated sense of responsibility and guilt sensitivity can be found in any OCD subtype, it is most frequently observed in the OCD subtypes of Scrupulosity OCD, Responsibility OCD, and Harm OCD.

OCD themes such as scrupulosity, responsibility, harm, and many more can include excessive and compulsive apologizing in reaction to worries about what other people think of you, that you're a bad person, that you've hurt people, that you're a burden, that you've done something wrong, or that you're making a bad impression. OCD sufferers may frequently worry that if they don't apologize, they'll hurt someone, insult someone, or avoid taking responsibility. Additionally, they could experience a strong urge to apologize repeatedly for their OCD tendencies.

Individuals with excessive apologizing tend to act compulsively because they feel a strong need to momentarily stop worrying and intrusive thoughts, or because they believe that if they don't apologize, something bad and sometimes extreme will happen. Unfortunately, like any other OCD compulsion, overapologizing just serves to feed the cycle of OCD and can seriously hinder one's capacity to form meaningful connections or have a detrimental effect on one's self-esteem.

**OBSESSIONS**

* I'm a horrible person because of my intrusive thoughts, thus I should confess or apologize.
* I'm a horrible person.
* What happens if I wish to hurt someone?
* Maybe God is upset with me.
* My family feels burdened by me.
* I'm consuming excessive amounts of time from others.
* Someone is irritated with me because I'm having trouble solving a problem or have a query.
* I might have to apologize for anything I forgot.
* It is safer to say sorry.
* They appear disturbed or depressed; I should apologize.

**COMPULSIONS**

People with obsessive-compulsive disorder (OCD) who engage in excessive apologising may feel compelled to apologize in an attempt to eliminate, suppress, or neutralise their uneasiness or to keep others from becoming angry.

Obsessions may manifest as mental or physical. It's important to remember that just because someone is unable to recognize a compulsion does not imply it doesn't exist. For instance, individuals who apologize obsessively may also obsessively think back on their previous remarks or repeatedly ask others if they are unhappy in an attempt to comfort themselves.

* Expressing regret for taking up someone's time
* expressing regret in case they made a mistake
* Expressing regret for any past mistakes they are unable to recall
* Asking loved ones if there's anything they need to apologize for and then apologizing again until they receive the appropriate reaction
* Making an effort to recall every aspect of previous discussions
* Keeping an eye out for indications that someone else is disturbed by their behavior or expression

**EXAMPLES OF APOLOGIZING**

* Even when you haven't done anything wrong, you might apologize to someone all the time if you're experiencing compulsive thoughts about injuring them.
* You could apologize to your spiritual leaders or yourself when you're praying if you're experiencing obsessive thoughts that you believe to be disrespectful. This may be a form of scrupulosity, a kind of OCD.
* If you find yourself thinking about a loved one passing away unexpectedly regularly, you may feel bad about it and want to make amends with them.

**OCD sufferers' need for reassurance and other reasons why they constantly apologize**

* Compulsions frequently show up as a need for confirmation.
* For example, you may feel compelled to check your locks ten times before leaving the house if you constantly worry that your home will be broken into. You want confirmation that everything is alright.
* It's also possible to seek reassurance by apologizing. You're hoping for confirmation from the other person that everything is alright.
* Another way to feel reassured is to feel the need to check in with others all the time. For instance, you might question, "Are you sure that this is safe?" to someone. or "Are you certain that I didn't hurt you?" or "Are you certain that something negative won't occur?"
* Because many OCD sufferers find it difficult to deal with ambiguity, they are constantly looking for assurance.
* In an attempt to lessen one’s guilt (even if they did nothing wrong and it's not their fault), people might apologize to those people repeatedly if they suffer from harm OCD, a condition in which people have uncontrollable, unwanted thoughts about hurting other people.
* Even though the other person won't always understand why people apologize, it could still be crucial to them to hear that they're alright.
* OCD sufferers may worry that simply by thinking about terrible scenarios, they will come true, and it can be quite challenging to stop obsessive thoughts.
* In this situation, one can feel guilty and apologize all the time if they believe they've brought about something bad, like an accident or natural disaster.

**IMPACT ON PEOPLE’S LIVES**

OCD can be so severe that it has a major effect on all or some elements of a person's life, occasionally upsetting or ruining it entirely.

* Education
* Workplace
* Professional growth
* Partnerships, parent-child, sibling, and friend relationships
* Establishing a family
* Living with one's offspring
* Life quality (due to lack of social engagement)

**Other than all this, it can also severely affect all the below-mentioned aspects of an individuals life:-**

* **An interruption to your routine**

Compulsion repetition can be time-consuming. Also, one always tries to stay clear of certain scenarios that set off their OCD. This may imply that they are unable to see loved ones, go outside, eat out, or go to work. Having obsessive thoughts can be draining and make it difficult to focus.

* **Effect on your interpersonal connections**

You might feel obligated to keep your OCD a secret from those who are close to you. Or you might find it too tough to maintain the relationship because of your uncertainties and fears. It could be hard for you to handle any problems in your relationships. Or you can find it difficult to move past disagreements or issues.

* **Feeling isolated or guilty**

Your compulsive thoughts may make you feel guilty or as though you're a bad person. You may find it difficult to be among people or to go outside and may desire to keep this aspect of yourself hidden from them. This may cause you to feel lonely.

* **Effect on one's sense of self**

You can feel bad about your emotions or ideas. When you're having trouble with your OCD, you could say or do things that you later regret. Or OCD might prevent you from accomplishing your goals. Everything about this could affect your self-esteem.

* **Being nervous**

People are usually in a difficult situation because their compulsions and obsessions may be causing them worry and tension. For instance, some people believe they have little control over their compulsions since they must fulfill them so frequently.

**TREATMENT**

Although OCD that involves excessive and compulsive apologizing can be quite treatable, it can be devastating and hamper people's relationships and quality of life. People can break free from the cycle of OCD by engaging in exposure and response prevention (ERP) therapy under the guidance of a qualified ERP therapist.

ERP is the most effective treatment for OCD and has been supported by several decades of clinical studies. When doing ERP under the guidance of a certified OCD therapist, the majority of patients report a reduction in their OCD symptoms, a decrease in anxiety and discomfort, and an improvement in their self-assurance in their capacity to accept uncertainty and fear without letting it control them.

Any OCD subtype sufferer who experiences excessive apologizing as a compulsion will collaborate with their therapist to create an exposure hierarchy and start addressing triggers one at a time. When a patient gains confidence, an ERP therapist will typically progress to more difficult exposures from the milder exposure exercises at first. The aim of exposure therapy is always reaction prevention; your therapist will help you fight the impulse to over apologize in response to fear and anxiety. This eventually enables you to manage OCD-related worry without turning to compulsive behaviors to make you feel better.

The following are some instances of potential treatments for excessive apologizing:

* Instead of apologizing repeatedly until you get the appropriate result, just apologize once.
* If you don't think you have done anything wrong, don't feel the need to apologize.
* Write about what would happen in the worst situation if you didn't apologize for something.
* Talk negatively to your therapist and never say sorry
* Bring a loved one along to a therapy session and say something hurtful without saying sorry afterward.

**SELF-CARE**

Apart, from therapy, it is also important that people focus on their health, According to research, yoga, and meditation were helpful, in alleviating symptoms of OCD to an extent.OCD symptoms can be significantly reduced by following several standard health recommendations, including eating a balanced diet, getting enough sleep, and minimizing alcohol and caffeine use.

**SUPPORT GROUP**

If you suffer from OCD, support groups can be quite helpful. You can start to heal in a network of support by talking to people who are going through similar things. You have three options for finding a support group: online, over the phone, or in person.

**EXERCISING**

Exercise, as we all know, can frequently help elevate our mood and divert our attention from our problems. Exercise can help lessen OCD symptoms if done properly. One study that involved participants in an exercise program for six to twelve weeks revealed improvements in mood as well as short- and long-term decreases in obsessive-compulsive symptoms. Exercise needs to be done carefully if one has OCD. Exercise is a common avoidance tactic used by some OCD sufferers to block out or escape intrusive thoughts. You may become more preoccupied with your thoughts if you discover that you are employing exercise in this manner. Make sure you talk about it with your physician or therapist.

**MINDFULNESS**

Evidence from research supports the use of mindfulness in OCD treatment. It has worked best when added as a treatment to an established drug schedule and ERP or ACT therapy program.

The researchers concluded that mindfulness training is most effective for helping OCD sufferers cultivate a kind and accepting attitude towards intrusive thoughts, as well as the mental and physical sensations that go along with them.

When incorporating mindfulness into your OCD treatment regimen, make sure to practice accepting and sitting with intrusive thoughts and feelings instead of trying to run away from them.