



OCD OF STARING

Emotions of life

COMPULSIVE STARING IS A PARTICULARLY UNDER-REPRESENTED FORM OF OCD, BUT IT'S JUST AS VALID AS OTHER TYPES AND IS DEFINED BY THE SAME PATTERN OF EXCESSIVE INTRUSIVE THOUGHTS (OBSESSIONS) THAT CAN CAUSE REPETITIVE, AND SOMETIMES IRRATIONAL, BEHAVIORS (COMPULSIONS)



IS COMPULSIVE STARING A FORM OF OCD?

COMPULSIVE STARING IS A TYPE OF OCD CHARACTERIZED BY THE PERSISTENT NEED TO STARE AT GENITALS OR BREASTS, REGARDLESS OF WHETHER OR NOT SOMEONE WANTS TO STARE AT THEM.



WHAT CAUSES COMPULSIVE STARING?

Even though we don't know what causes OCD, we do understand how OCD works, which can help make treatment for OCD much easier. For people experiencing compulsive staring or another form of OCD, it all starts with a trigger. This can be internal or external, and it typically involves experiencing something that leads to an intrusive thought — like thinking you might be staring at someone's genitals — that leads to continued obsession.

CAN COMPULSIVE STARING BE TREATED?



Thankfully, OCD and its subtypes — including compulsive staring — are more treatable than ever before using a form of cognitive-behavioral therapy (CBT) known as exposure and response prevention (ERP) therapy. Known as the gold standard in treating OCD, ERP works by placing people with OCD in various situations in order to provoke their obsessions in a safe environment with the guidance of a licensed therapist. Over time, the goal of ERP is to teach people how to prevent their compulsive responses, allowing them freedom from the seemingly endless cycle of obsessions and compulsions, so they can live a life free of OCD. While this process might seem intense, it's also proven to be the most effective form of treatment for OCD and its subtypes, meaning it's definitely worth the work.

STARING AS A WAY TO VALIDATE A 'CHECKING' OBSESSION

Staring as a way to validate a 'checking' obsession
Another way I find myself staring is when I am doing my checks before bed. If I check the taps, I have to stare until I know it isn't dripping. If I check the fridge is closed, I stare until I know it won't pop open. I stare at the alarm symbol in the top right-hand corner of my phone until I am happy it has been set.

Staring for me is a way to validate my checking. I don't believe I have done it correctly until I stare long enough to be satisfied. That could be five seconds or five minutes.

I basically do it until it 'feels right', and I can truly trust that I have checked.

This one is easier to place on an OCD map, a method to confirm a check has been completed



SOCIAL MEDIA

INSTAGRAM

<https://instagram.com/emotionoflife7515?igshid=YmMyMTA2M2Y=>



WHAT ARE THE TREATMENTS FOR OCD?

Cognitive behavioral therapy (CBT). OCD has a cycle: obsessions, anxiety, compulsions, and relief. CBT, a type of psychotherapy, gives you tools to think, act, and react to your unhealthy thoughts and habits. The goal is to replace negative thoughts with productive ones.

Exposure and response prevention (ERP). This is a specific form of CBT. As the name suggests, you'll be exposed to the things that trigger your anxiety, a little at a time. You'll learn new ways to respond to them in place of your repetitive rituals. ERP is a process you may do one-on-one with your mental health professional or in group therapy, either by yourself or with your family there.



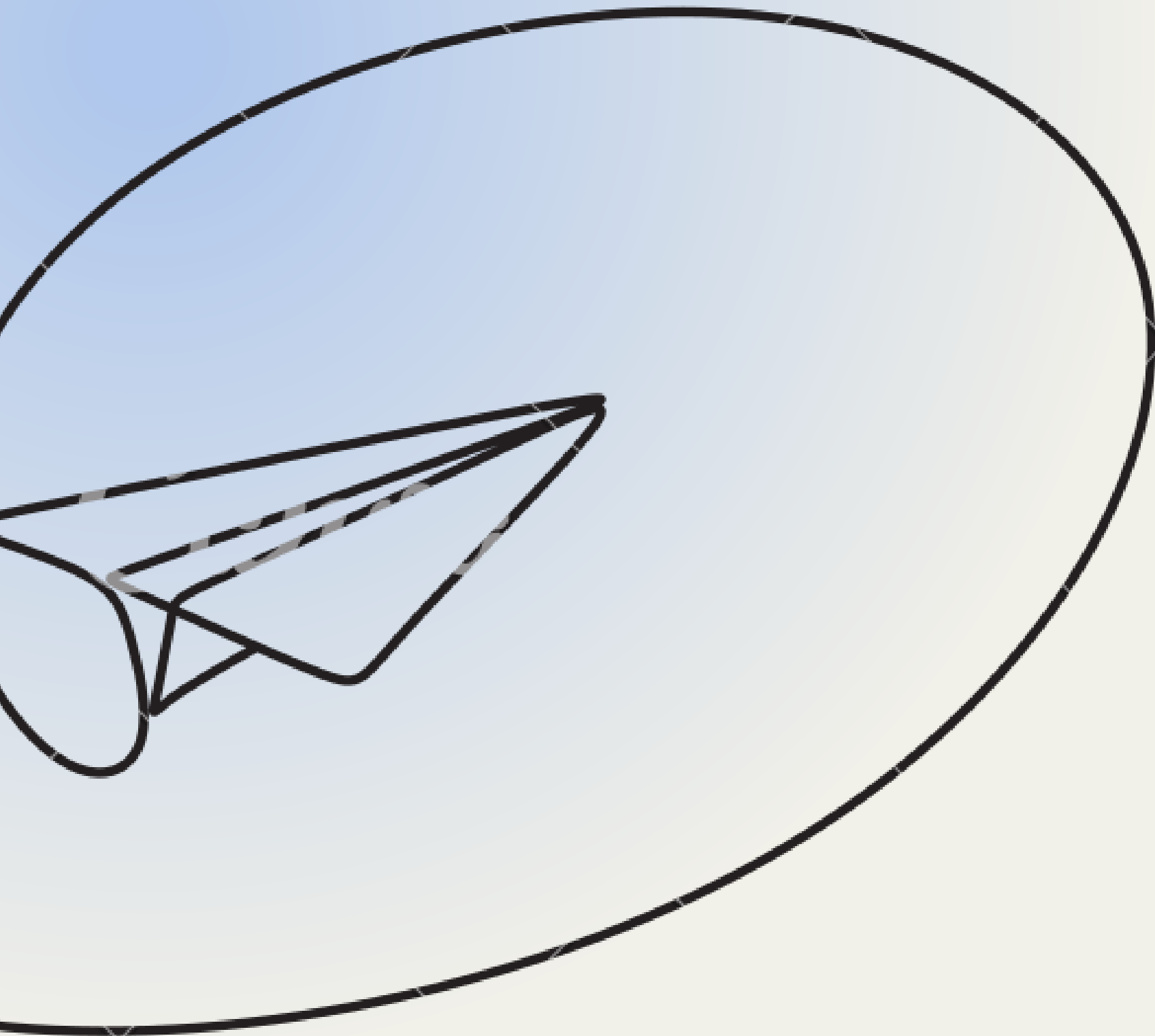
CONTACT US

OCD Recovery and Cure Program (T & C Apply)

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Enquiry Form



THANK YOU

