



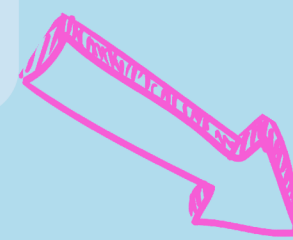
TRIGGER

Thought, idea, action, situation

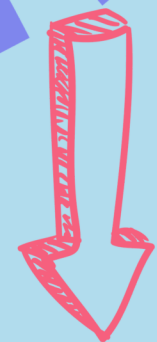


OBSESSING

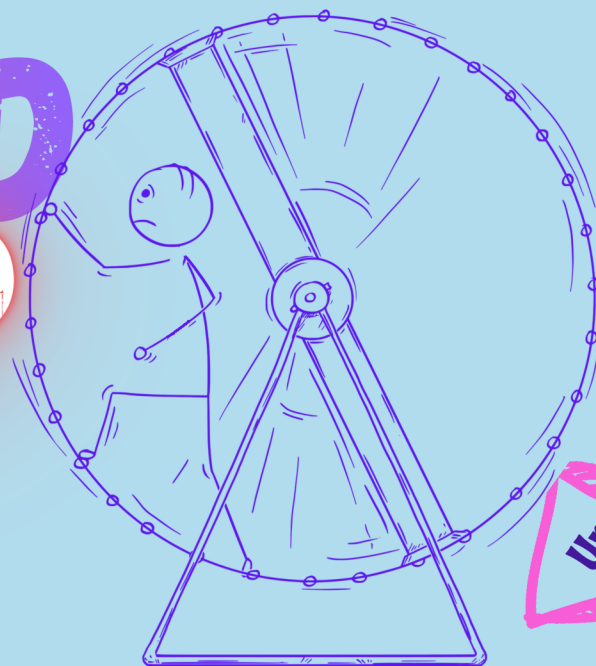
Misinterpretation
Often, the perceived risk is overestimated, and perceived coping skills are underestimated



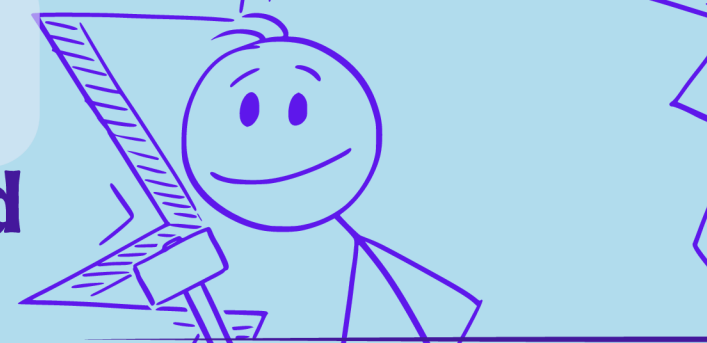
DISTRESS



THE OCD TRAP



FREEDOM

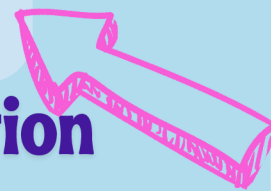


ENOUGH!

I need to get rid of this!

COMPULSIONS

Any physical/mental action performed to help reduce obsessional distress



Temporary relief... until the next trigger

